



Washington State
Department of Social
& Health Services

CA Children's Administration

Washington State Resource Family Lending Library A Program of Northwest Resource Associates

Washington State Resource Family Lending Library
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The materials in this catalog are arranged alphabetically under the following categories. Please contact the Washington State Resource Family Lending Library to check out materials.

ADHD	Medical Issues
Adoption - General	Mental Health Issues
Anger	Miscellaneous
Attachment and Bonding	Neurological
Autism/Asperger's	Open Adoption/Mediation
Bipolar	Parenting - General
Child Development	Physical Abuse
Child Welfare	Pre-adopt
Children's Materials* (see comment below)	Research
Depression	Respite Care
Developmentally Delayed/Mental	Search and Reunion
Retardation	Self-Destructive/Suicidal
Diet/Nutrition	Sensory Intergration
Discipline	Sex Education
Disruption/Dissolution	Sexual Abuse
Eating Disorders	Sexualized Behavior
Education - School Issues	Siblings
Education - Special Education	Spanish Language Materials
Emancipation/Preparation for Adulthood	Support Groups
FAS-E/ARND/Drug Affected	Talking to Adopted Children
Gay and Lesbian Issues	Tax Information
Grandparents/Relatives	Teen Issues
Grief and Loss	Transracial/Transcultural
International	Trauma/Post Traumatic Stress Disorder
Legal Issues	Triad Issues
Lifestory Books	Violence

CHILDREN'S MATERIALS:

While caregivers are encouraged to borrow books that they can read with their children, training credit may only be given for adult library materials

NOTE TO FAMILIES:

This catalog is a listing of library offerings and does not constitute an endorsement of an author, methodology, intervention or adoption professional. Before attempting any interventions advocated in books, videos, DVD's, CD's and audiotapes (with a child in the custody of DSHS), you must first have the approval of the child's assigned social worker.

Washington State Resource Family Lending Library Catalogue

ADHD-ADD

ADD Answer, The: How to help Your Child Now

Author: Frank Lawlis

Publish Date: 2004

Length: 268 pages

This book offers approaches to treating children diagnosed with ADD, addressing environmental modifications and biocleansing; advances in biofeedback and neurotherapy; the role of nutrition; the positive effects of counseling and goal-setting; strategies to improve sleep; getting effective help from schools, therapists, friends, and family; and more.

ADD/ADHD Behavior-Change Resource Kit: Ready-to-Use Strategies & Activities for Helping Children with Attention Deficit Disorder

Author: Grad L. Flick

Publish Date: 1998

Length: 316 pages

This kit explains ADD/ADHD behavior, its biological bases and basic characteristics and describes procedures used for diagnosis and various treatment options. It details a set of training exercises and programs in which teachers, counselors, and parents work together to monitor and manage the child's behavior. It is printed in an 8 1/4" X 11" format for easy photocopying of forms, checklists and rating scales, with information and tools you'll need to manage behaviors, change behaviors, build social skills, solve homework issues, improve classroom behavior and cope with kids.

ADHD and Teens

Author: Colleen Alexander-Roberts

Publish Date: 1995

Length: 177 pages

This book is a complete parenting guide with the information you need to survive these trying years; a solid, useful and detailed insight into the real world of ADHD.

ADHD and the Nature of Self-Control

Author: Russell Barkley

Publish Date: 1997

Length: 350 pages

This fairly technical book, steeped in research, provides a radical shift of perspective on ADHD, arguing that the disorder is fundamentally a developmental problem of self-control, and that a deficit in attention is a secondary, and not universal, characteristic.

ADHD Handbook for Families

Author: Paul Weingartner

Publish Date: 1999

Length: 122 pages

Written by an experienced clinician who also has ADHD, this book provides background information on the disorder, including what it feels like, why it's difficult to identify, and how attitudes impact understanding. It also outlines a step-by-step approach to observing and recording the effects of ADHD on children, as well as how to find help – both medical and psychological.

ADHD in Children, Adolescents and Adults: Diagnosis, Assessment and Treatment

Author: Russell Barkley

Publish Date: 2000

Length: 15 hours 10
tapes

This taping of a presentation at the 2000 New England Educational Institute's annual symposium features Russell Barkley with an intensive course on the nature and treatment of children, adolescents and adults with ADHD and oppositional or defiant behavior. Participants will learn how to utilize advances in theoretical conceptualizations, differential diagnosis, and treatment approaches to ADHD.

ADHD: A Teenager's Guide

Author: James J. Crist

Publish Date: 1996

Length:

From the book: Written for the teenager who is tired of hearing, "You're just lazy!" or "You can do better," this comprehensive guide to ADHD, narrated smartly by teens, features nearly everything teens might want to know about ADHD. Chapters address what ADHD is, teenagers with ADHD, treatments, getting through school and college, learning disabilities and ADHD, coping with depression, and life after school. Excellent!

Washington State Resource Family Lending Library Catalogue

ADHD-ADD

Answers to ADD: A Practical Guide for Parents

Author: John Taylor

Publish Date: 1997

Length: 32 pages

This booklet offers simple to follow guidelines and ideas for parents of kids with ADD with or without hyperactivity.

CHADD Information and Resource Guide to AD/HD, The

Author: CHADD

Publish Date: 2001

Length: 110 pages

This book is divided into five chapters in English and a two-page chapter in Spanish. The English Chapters each contain a series of articles and are titled respectively, "AD/HD," "AD/HD in Children," "AD/HD in Adolescents," "AD/HD in Adults," and "Legal Issues in AD/HD."

Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder

Author: Edward Hallowell

Publish Date: 2006

Length: 341 pages

Self assessment tools, exercises that help, to medicate or not to medicate, treatments that work, diet, habits of highly effective ADD-ers, conditions that coexist with ADD, genetics and ADD, finding the buried treasure in school, college alert, tips for adults with ADD worry and ADD, sex and ADD; these are just a few of the topics addressed in the 43 chapters in this follow-up to Driven to Distraction.

Driven to Distraction

Author: Edward & John Hallowell & Ratey

Publish Date: 1994

Length: 285 pages

The authors take the reader through a detailed step-by-step diagnostic process that includes a thorough review of individual and family history, and current problematic conditions. They also explain psychological testing that may provide further information toward establishing a clinical diagnosis of ADHD/ ADD. It describes the general principles of treatment for ADHD/ ADD including medication, behavioral management, and psychotherapy.

Driven to Distraction (CD)

Author: CD

Publish Date: 2003

Length: 2 hours

This abridged version has author Edward Hallowell reading from the book he wrote with John Ratey which takes the reader through a detailed step-by-step diagnostic process that includes a review of individual and family history and current problematic conditions. They also explain psychological testing that may provide further information toward establishing a clinical diagnosis of ADHD/ ADD. It describes the general principles of treatment for ADHD/ ADD including medication, behavioral management, and psychotherapy.

Eagle Eyes: A Child's Guide to Paying Attention* (see comment about Children's Materials on Index page)

Author: Jeanne Gehret

Publish Date: 1991

Length: 26 pages

This storybook with pictures tells of the frustrations and triumphs of Ben, a child with ADHD.

Effective Discipline Strategies (Answers to ADD)

Author: John Taylor

Publish Date:

Length:

This tape is one of the many in John F. Taylor's "The Answers to A.D.D." audio/video series. Highlights of this tape include: arranging suitable consequences; improving decision making skills; maintaining love and leadership; confronting the child successfully; preventing arguments and power struggles; avoiding the remind-nag-yell-punish cycle; and more.

Washington State Resource Family Lending Library Catalogue

ADHD-ADD

Fidget to Focus: Outwit Your Boredom: Sensory Strategies for Living with ADD

Author: Roland and Sarah D. Rotz and Wright

Publish Date: 2005

Length: 84 pages

This book offers a brief overview of ADD, a brief introduction to a "new view," and then plunges into sensory systems strategies based on personal experiences of hundreds of people, strategies that involve "respectful, effective fidgeting" among other things. The 84 page body is followed by 42 pages of Appendixes including a 20 page workbook.

Helping Your Hyperactive/ADD Child

Author: John Taylor

Publish Date: 1990

Length: 378 pages

This comprehensive work from a nationally known clinical psychologist and father of a child with ADHD, shows how to use the most effective tools from a wide range of treatment methods. You will learn how to recognize ADHD symptoms in your child using the Taylor Hyperactivity Screening Checklist; nurture your child's self-esteem; work with schools, therapists and other care-givers; find or start support groups for parents of children with ADHD; and much more.

Hyperactive Child, Adolescent, and Adult: Attention Deficit Disorder Through the Lifespan, The

Author: Paul Wender

Publish Date: 1973

Length: 150 pages

To anyone who suspects that his or her child suffers from ADHD, this book is a must. It gives information on diagnostic tests, causes and symptoms, treatment, and valuable tips on structuring, where to go for help, and how ADHD differs from a learning disability.

Living With the ADD/ADHD Child (VHS)

Author: Jeff Sosne

Publish Date:

Length: 3.5 hours

In part one of this two-tape program, Dr. Sosne presents a core definition of ADD/ADHD and reviews basic principles for helping children affected by it. In part two, he relays techniques for teaching ADD/ADHD children how to meet daily responsibilities and complete tasks. He describes practical methods for handling disappointment and frustration, and building self-control.

Making the System Work for Your Child with ADHD: How to cut through red tape and get what you need from doctors, teachers, schools, and healthcare plans

Author: Peter S. Jensen

Publish Date: 2004

Length: 226 pages

Dr. Jensen, a child psychiatrist and the father of a child with ADHD, pools his own experience with that of over 80 other parents to help readers troubleshoot the system without reinventing the wheel -- from breaking through bureaucratic bottlenecks at school and advocating for your child's healthcare needs to getting the best from home and family life.

Maybe You Know My Kid: Helping Your Child With Attention Deficit Hyperactive Disorder

Author: Mary Fowler

Publish Date: 1990

Length: 261 pages

This book gives parents updated, practical and necessary information on the causes and treatment of ADHD from the most respected researchers and practitioners in the field.

Only a Mother Could Love Him

Author: Benjamin Polis

Publish Date: 2001

Length: 168 pages

This book by a 19 year old with Attention Deficit Disorder combines a narrative of his experiences with analogies and explanations of the ADD thought process to help parents and caregivers understand how thinking works in those with ADD and what they can do to teach their child to control his or her own behavior.

Washington State Resource Family Lending Library Catalogue

ADHD-ADD

Parent's Guide to Attention Deficit Disorders, The

Author: Stephen McCarney

Publish Date: 1995

Length: 405 pages

The body of this practical handbook is divided into two sections, "Behaviors and Interventions" and "Supplemental Behaviors and Solutions." Within these sections, 188 behaviors are listed under 17 different categories, and after each behavior is a list of anywhere from 16 to 89 practical suggestions for responding to the behavior.

Parents Wanted* (see comment about Children's Materials on Index page)

Author: George Harrar

Publish Date: 2001

Length: 239 pages

Narrator, Andy Fleck, a 12-year-old with Attention Deficit Disorder has learned one set of rules from his birth dad (how not to get caught) and another from the kids at the state-run home (how to manipulate adults). Placed with foster parents who are looking to adopt, he has a chance to escape his past, but he can't keep himself from challenging every limit. He plays "mailbox baseball" with his dad's bat, gets in trouble at school, and, when his birth dad shows up looking for money, steals from his foster dad's wallet. So far his foster parents have refused to give up on him. But will he go too far? Humorous and touching, this is "a killer read" for kids 10 and up.

Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder* (see comment about Children's Materials on Index page)

Author: Patricia Quinn

Publish Date: 1991

Length: 64 pp

A guide for children and their parents, teachers and counselors to understanding and gaining control over attention deficit hyperactivity disorder.

School Success Tool Kit, The: Answers to A.D.D. (VHS)

Author: Video

Publish Date: 1992

Length: 1 hour 45 minutes

This video presents tips and ideas for teachers to use in the classroom and for parents to use at home.

Shelley: The Hyperactive Turtle* (see comment about Children's Materials on Index page)

Author: Deborah Moss

Publish Date: 1989

Length: 19 pages

This short picture book for very young readers follows Shelley through his ups and downs until a doctor helps him understand why and how he is different from the other turtles.

Straight Talk about Psychiatric Medications for Kids

Author: Timothy E. Wilens

Publish Date: 2004

Length: 264 pages

Dr. Timothy Wilens provides essential guidance for parents facing tough choices about whether or not to give a child medication for emotional or behavioral problems. Packed with frequently asked questions, examples, and charts, the book explains which medications are prescribed for kids and why; their effects on health, emotions, and school performance; how to maximize the benefits; and when to consider other treatments instead.

Survival Strategies for Parenting Your ADD Child

Author: George T. Lynn

Publish Date: 1996

Length: 268 pages

In this book, the author describes six essential strategies parents can use to deal with their own distress and rage as a result of a child's provocation. He also addresses the problems confronting single parents with ADD children. He provides parents with methods which can heal the pain that occurs in families with these troubled children.

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ADHD-ADD

Taming the Tornado In Your Classroom and at Home: A Positive Approach to Management & Discipline for Educators & Parents

Author: Allan Lifson

Publish Date: 1980

Length: 214 pages

This book offers parents and teachers ideas for working with hyperactive children. A lot has been learned about hyperactivity in the last two decades, so this shouldn't be used as an introduction to ADHD or related disabilities, but there are practical tips and strategies here that many parents and teachers might find useful in their day-to-day interactions with the "tornadoes" in their lives.

Teenager's Guide to ADD, A* (see comment about Children's Materials on Index page)

Author: Antony J. Amen

Publish Date: 1996

Length: 204 pages

This guide for teenagers contains solid information about ADD. It is understandable and easy to read. The authors don't skip over tough topics like dealing with drugs, alcohol, self-esteem and driving. Their approach is sensitive and understanding while firm, clearly pointing out limits that must be respected. It is designed to help teens understand ADD, Get the best help for it, and reach their potential at home, at school, at work, and with friends and sweethearts.

You Mean I'm Not Lazy, Stupid Or Crazy!: A Self-Help Book for Adults with Attention Deficit Disorder

Author: Kate Kelly

Publish Date: 1996

Length: 413 pages

There is a great deal of literature about children with attention deficit disorder, ADD. But what do you do if you have ADD and aren't a child anymore? This book focuses on the experiences of adults, offering accurate information, practical how-to's and moral support to help readers deal with ADD. It explains the diagnostic process that distinguishes ADD symptoms from normal lapses in memory, lack of concentration or impulsive behavior.

Your Hyperactive Child: A Parents Guide to Coping With Attention Deficit Disorder

Author: Barbara Ingersoll

Publish Date: 1988

Length: 191 pages

This authoritative handbook provides a wealth of information to help parents of a hyperactive child understand and cope with their child's baffling behavior. It outlines practical steps you and your child's teachers can take to help your child.

Adoption - General

20 Things Adoptive Parents Need to Succeed

Author: Sherrie Eldridge

Publish Date: 2009

Length: 249 pp

The author of "Twenty Things Adopted Kids Wish their Adoptive Parents Knew," here goes beyond those insights and shifts her focus to parents, offering encouragement and hope. She shares proven strategies and the moving narratives of nearly one hundred adoptive families, helping parents gain a deeper understanding of what is normal, both for their children and themselves.

Adopted Adolescent, The

Author: Lois Melina

Publish Date: 1993

Length:

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, "Making Sense of Adoption," which covers pre-school, the middle years, and adolescence, this tape deals with the adolescent years.

Two other tapes, "Answering Your Child's Questions About Adoption" and "The Adopted Child in Middle Childhood", offer more details on discussing adoption with children pre-school and ages 7-11 respectively.

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Adoption - General

Adopted Child in Middle Childhood, The

Author: Lois Melina

Publish Date: 1990

Length:

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, "Making Sense of Adoption", which covers pre-school, the middle years, and adolescence, this tape deals with the 7-11 years.

Two other tapes, "Answering Your Child's Questions About Adoption" and "The Adopted Adolescent", offer more details on discussing adoption with children pre-school and 12-18 respectively.

Adopting and Advocating for the Special Needs Child: A Guide for Parents and Professionals

Author: L. Anne Babb

Publish Date: 1997

Length: 222 pages

Completely frank and remarkably compassionate, this detailed, comprehensive guide is designed to be used by adoption professionals and adoptive parents, to help them get started, keep going, and locate whatever additional information and support they need. It covers such key topics as how to manage finances, advocate within the educational system, and cope when things go wrong. Tables, checklists, and frequent references to additional resources add value to this informed advice to adoptive parents.

Adopting the Older Child

Author: Claudia Jewett

Publish Date: 1978

Length: 289 pages

This book describes a child's transition from the honeymoon period through the testing phase and on to the full integration into a family, giving practical, caring advice on how to handle each situation.

Adoption Healing: A Path to Recovery

Author: Joe Soll

Publish Date: 2000

Length: 189 pages

In this book, the author, a psychotherapist, lecturer, former university professor, founder and director of Adoption Crossroads, Adoption Counseling Center, and New York State Adoption Agency Task Force, and himself an adoptee, presents the world of adoption from his own unique perspective, offering myths, facts, exercises, and quotes to augment chapters on a wide range of adoption related issues.

Adoption is a Family Affair! What Relatives and Friends Must Know

Author: Patricia I. Johnston

Publish Date: 2001

Length: 145 pages

This book gives information for relatives and friends about who can adopt, why they consider adoption, the process, and how kids understand adoption as they develop. It addresses concerns, fears, and questions that friends and relatives have when someone they care about decides to adopt.

Adoption Life Cycle, The: The Children and Their Families Through the Years

Author: Elinor Rosenberg

Publish Date: 1992

Length: 188 pages

This book is for anyone involved in the adoption experience – adoptees, adoptive parents, birth parents and professionals. It provides a framework for understanding the important developmental tasks which span the lifetimes of all those involved.

Adoption Mystique, The

Author: Joanne Wolf Small

Publish Date: 2007

Length: 181 pages

Much of what's been written and said about adoption—the definitions, myths, interpretations, and so on—was generated by non-adopted persons, and often without benefit of adopted person's input. This book was written by an adopted person who hopes to paint a picture of the social welfare system that contrasts with the traditional view and sheds a new light on the situation.

Washington State Resource Family Lending Library Catalogue

Adoption - General

Adoption Nation: How the Adoption Revolution Is Transforming America

Author: Adam Pertman

Publish Date: 2000

Length: 312 pages

Pertman, an adoptive father and former journalist for The Boston Globe, combines research and personal anecdotes in this overview of the trends and cultural ramifications of adoption. His views: families should be "out" about their adoptive status; children should be told they were adopted as early as possible; all members of the adoption "triad" (birth parents, child and adoptive parents) should try to stay in close communication; and much more.

Adoption Parenting: Creating a Toolbox, Building Connections

Author: Jean, and Sheena Macrae MacLeod

Publish Date: 2006

Length: 485 pages

Over 100 contributors have helped to weave this tapestry of advice for adoptive parents. It looks at FASD, trauma and PTSD, sensory integration, speech and language delays, and at ways to effectively parent a post-institutionalized child or a child who has experienced trauma. You may not read it all at once, but you'll come back to it again and again as your child's self-awareness develops and your awareness of how to help increases.

Adoption Stories for Young Children* (see comment about Children's Materials on Index page)

Author: Randall B. Hicks

Publish Date: 1995

Length: 43 pages

This book is told from the perspective of a five year old boy who introduces us to his many friends and neighbors. They come from different walks of life, but they have one thing in common – their families were all created through adoption. It explores common issues of interest to young children about adoption.

Adoption Wisdom: A Guide to the Issues and Feelings of Adoption

Author: Marlou Russell

Publish Date: 1996

Length: 185 pages

This book combines quotations from birth parents, adoptive parents and adoptees with brief observations from the author, a psychologist and adoptee, herself, in reunion with her birth family. In chapters with such titles as "The Adoption Triad," "Basic Truths of Adoption," "Loss and Grief in Adoption," "Search and Reunion," "Before Choosing Adoption," and others, this book sheds a unique light on the world of adoption through the commentary of those who live that world every day.

Adoption: Making It Last (VHS)

Author: U.S. Department of Health and Human Services

Publish Date:

Length: 16 minutes

This video provides a realistic look at frustrations and exhaustion adoptive parents frequently experience. It addresses grief and loss, attachment, anger, aggressiveness, and out-of-control behaviors, emphasizing the need for school advocacy, medical referrals, crisis intervention, support groups, respite care, and therapy by adoption-savvy professionals. It validates kids' feelings of anger and confusion over their situations, gives permission to continue to love one's birth family, and reinforces the idea that making the adoption last is the responsibility of all family members.

All About Adoption: How to deal with questions of your past* (see comment about Children's Materials on Index page)

Author: Anne Lanchon

Publish Date: 2006

Length: 89 pages

Adopted teens may be in a unique situation, but Lanchon, without trivializing it, assures them, "When all is said and done, you're no weirder than anyone else. You're adopted, your friends aren't, so what?" Written in an informal, conversational style, this illustrated guide covers an adopted child's traditional worries and concerns, such as establishing identity and living with overprotective parents.

Washington State Resource Family Lending Library Catalogue

Adoption - General

All Kinds of Families* (see comment about Children's Materials on Index page)

Author: Norma Simon

Publish Date: 1976

Length: 34 pages

This illustrated (by Joe Lasker) children's book describes and shows different kinds of families and normalizes the many ways in which they are not all the same. The word adoption comes up only twice, but the message that it is not necessary to be like everyone else is amply communicated.

Another Place at the Table

Author: Kathy Harrison

Publish Date: 2003

Length: 224 pages

Kathy Harrison has been a foster parent for more than thirteen years, hosting almost a hundred children. This book is an account of many of those placements; it is an invitation into her busy home and the lives of her ever-changing crew of troubled children. The stories that arise within this narrative are not all happy or easy, but they are compelling and very real.

Answering Your Child's Questions About Adoption

Author: Lois Melina

Publish Date: 1990

Length:

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, Making Sense of Adoption, which covers pre-school, the middle years, and adolescence, this tape deals with the pre-school years.

Two other tapes, The Adopted Child in Middle Childhood and The Adopted Adolescent, offer more details on discussing adoption with children ages 7-11 and 12-18.

Attaching in Adoption: Practical Tools for Today's Parents

Author: Deborah D. Gray

Publish Date: 2002

Length: 362 pages

This "how to" and "why to" guide, considers ways to balance families, giving attention to all family members, protecting the development of siblings, and maintaining a family with high self-esteem. Filled with vignettes drawn from over 10,000 hours counseling adopted children, this book addresses building emotional intelligence and concludes with ways parents can build family, peer, and professional support for themselves and for their child.

Being Adopted: The Lifelong Search for Self

Author: David Brodzinsky

Publish Date: 1992

Length: 193 pages

This book, based on Eric Erikson's seven stage life cycle model, will open doors for adoptees who at one time or another have wondered why they felt a particular way and had no place to turn for the answer. * There is a hard cover and a paperback.

Best of Adopted Child: For Parents Adopting Older Children

Author: Lois Melina

Publish Date: 1983 to 1991

Length:

This collection of articles from 1983 to 1991 includes pieces on issues specific to adopting older children, such as the effect on siblings, the need for a support network, discussing puberty, etc.

Best of Adopted Child: For Waiting or New Adoptive Parents

Author: Lois Melina

Publish Date: 1982 to 1993

Length:

This collection of articles from 1982 to 1993 includes pieces on rituals to enhance the sense of family, bonding and attachment, and paradoxes and problems around disclosing your child's adoption.

Washington State Resource Family Lending Library Catalogue

Adoption - General

Best of Adopted Child: Growing Years, The

Author: Lois Melina

Publish Date: 1987 to 1995

Length:

This collection of articles from 1987 to 19975 includes pieces on Adoption Day rituals; what behaviors are adoption-related and what ones are not; children's books on adoption; holidays; seven core issues of adoption; and anger, grief and loss related to birth parents.

Best of Adopted Child: Helping Others Understand Adoption

Author: Lois Melina

Publish Date: 1985 to 1995

Length:

This collection of articles from "Adopted Child" from 1985 to 1995 includes pieces on disclosing and explaining adoption to friends, relatives, and their children; differentiating among secrecy, privacy, and openness; public perceptions on adoption, and even a 1992 look at Woody Allen and Mia Farrow.

Best of Adopted Child: How Adoption Impacts Adoptive Parents

Author: Lois Melina

Publish Date: 1983 to 1994

Length:

This collection of articles from "Adopted Child" 1983 to 1994 includes pieces on infertility issues, midlife issues, the need for a support network, and the needs of African-American adoptive parents.

Best of Adopted Child: Issues Children Face in School

Author: Lois Melina

Publish Date: 1982 to 1994

Length:

This collection of articles from "Adopted Child" from 1982 to 1994 includes pieces on teasing, disclosing the adoption, hyperactivity, attitudes toward academics, and learning disabilities.

Best of Pact Press, The: Talking with Kids about Adoption

Author: Collection

Publish Date:

Length: 43 pages

This 43-page booklet contains 12 articles previously printed in the Pact Press on talking to kids about such things as sex, grief, self-esteem, being adopted older, lifebooks and more.

Blended Families: Foster, Adoptive, Bio and Multicultural Sibs (VHS)

Author: Ed-Net Series

Publish Date: 1996

Length: 2 hours

A panel of speakers including a DHS adoption worker, Foster/Adoption parent, and social worker from the Casey Family Program, discussed the external impacts on development of identity, the role of significant others in development of identity, the five stages of identity development, and the challenges of a blended family.

Characteristics of Successful Adoptive Families (VHS)

Author: Spaulding for Children

Publish Date: 1989

Length: 22 minutes

This documentary style video features families and professionals who discuss, describe and demonstrate what it takes to successfully parent a child with special needs. Characteristics include flexible expectations, ability to delay parental gratification, tolerance for rejection, sense of humor, ability to meet personal needs, flexible family roles, etc.

Child's Journey Through Placement, A

Author: Vera Fahlberg

Publish Date: 1991

Length: 394 pages

Some children wander in and out of foster care, mental health facilities, and juvenile justice programs throughout their childhoods. This book provides the foundation of resources and tools to help professionals and parents support these children as they grow. While a bit technical and "social worky," it helps families understand why kids move and how their moves affect them. Though lacking in information on fetal alcohol effects, it is, overall, very helpful with good information about transitions.

Washington State Resource Family Lending Library Catalogue

Adoption - General

Clinical and Practice Issues in Adoption: Bridging the Gap Between Adoptees Placed as Infants and as Older Children

Author: Rosenberg, Karen F. Groza, Victor

Publish Date: 1998

Length: 165 pages

This book is intended for all those affected by and interested in adoption. The contents are written by a variety of experts in the adoption field and examine topics such as treatment issues for adoptees placed at different ages, search and reunion, ethics, infertility, shared identity issues, and the ongoing need for adoption support.

Communicating with the Adopted Child

Author: Miriam Komar

Publish Date: 1991

Length: 271 pages

This book focuses on the importance of family conversation and the power of speech in providing both information and emotional support to the adopted child. Utilizing examples drawn from interview, case studies, and extensive correspondence, as well as from leading studies in the fields of psychology, sociology, and social work, Dr. Komar's book gives a reassuring perspective on some of the most troubling issues of adoption.

Connected Child, The

Author: Karyn Purvis

Publish Date: 2007

Length: 234 pages

Written by two research psychologists specializing in adoption and attachment, this book is intended to help adoptive parents build bonds of affection and trust with their adopted child, effectively deal with any learning or behavioral disorders, and discipline their child with love without making him or her feel threatened.

Core Issues in Adoption (VHS)

Author: Spaulding for Children

Publish Date: 1996

Length: 25 minutes

The issues of adoption – separation, loss, entitlement, claiming, mastery and control, attachment, unmatched expectations, family integration, and identity information – are discussed by interviews with adopted parents, adoptees, and birth parents. Their candor helps the audience gain an understanding of the lifelong impact of adoption. This 25 minute video is a “must see” for all adoptive families in any stage of adoption, as well as for therapists, school counselors, teachers, social workers, and extended family members.

Creating Ceremonies: Innovative Ways to Meet Adoption Challenges

Author: Cheryl, Rhea Lieberman, Bufferd

Publish Date: 1999

Length: 123 pages

Rituals and ceremonies can help us cope with important transitions in our lives. The authors of this book offer ideas that parents can use and modify to create ceremonies in their adopted children's lives that will help them deal with celebration, transition, self-esteem, loss, fears, anniversaries and more.

Creating Your Child's Village (VHS)

Author: Ed-Net Series

Publish Date: July 15, 1999

Length: 1 hour

Panelists Renee Daniel Hershey, the Co-Director of Kinship House in Portland, Dr. Charlene Sabin, a behavioral pediatrician, and Lynn Hackleman, an adoptive mother of uncommon drive and focus cover such topics as how to prioritize your child's needs, how to interview, hire and fire the people who work with you and your child, how to work with school personnel, who makes up your child's village and why you are that village's chief. The panelists speak on these and other topics and answer questions from viewers who called in during this live presentation.

Current Thinking in Special Needs Adoption

Author: Spaulding for Children

Publish Date: 1996

Length: 77 pages

This booklet discusses core issues in adoption, trends related to the adoption of children of color, adoption recruitment, transracial adoption, assessment and intervention in post legal adoption services, and the collaboration necessary to provide these services.

Washington State Resource Family Lending Library Catalogue

Adoption - General

Day We Met You, The* (see comment about Children's Materials on Index page)

Author: Phoebe Koehler

Publish Date: 1990

Length: 34 pages

This warmly illustrated book to be read to very young children tells a generic story of a mother and father's preparations for bringing an infant home to be adopted.

Dialogues About Adoption: Conversations Between Parents and Their Children

Author: Linda Bothun

Publish Date: 1994

Length: 216 pages

This book offers comfort and support to adoptive families who want to know how other families have handled adoption issues. Each chapter is introduced with examples of generally accepted developmental information followed by dialogues placed chronologically based on the age of the child when that conversation took place. The real-life anecdotes and experiences shed much-needed light on this complex subject.

Eden's Secret Journal: The Story of an Older Child Adoption* (see comment about Children's Materials on Index page)

Author: Brenda McCreight

Publish Date: 2003

Length: 59 pages

This fictional journal's title character is a 13-year-old, adopted at age 10, who is writing the journal because her therapist told her to. She talks about her years in foster care, her substance abusing birth parents, and her adoptive parents. Her life is far from perfect, but it is getting better and we learn how she feels about things in her world. Author, Brenda McCreight is a Child & family therapist with more than 20 years experience.

Emma's Yucky Brother* (see comment about Children's Materials on Index page)

Author: Jean Little

Publish Date: 2001

Length: 61 pages

Pictures by Jennifer Plecas. This booklet tells the story of Emma, who initially has a harder time getting used to the four year old younger brother her family has adopted than she had anticipated. Problems escalate, but the story ends with a satisfactory resolution for the two children. -- ages 4-8

Exploring the Adoptive Family Life: The Collected Papers of H. David Kirk

Author: H. David Kirk

Publish Date: 1988

Length: 155 pages

Few social scientists have so persistently investigated a single facet of human life. Even fewer have presented such complex ideas and important findings in clear, engaging, and readily understandable language. This book is a log of Kirk's long journey of discovery.

Exploring The Lifetime Issues Of Adoption (VHS)

Author: Montana Post Adoption Center, Inc.

Publish Date: 1992

Length: 107 minutes

This video is in four parts. "Growing Up Adopted" shows six adopted teens expressing the positive and negative feelings they have about being adopted. In "Open Adoption Alliances," a pregnant teen adoptee decides to place her baby in an open adoption. There is also a discussion about older children and open adoptions. In "Parenting Plus," adoptive and foster families discuss separation, loss and out - of - home placement. And in "Making and Maintaining Connections," adult adoptees meet their birthparents and discuss their thoughts on search, reunion and the future.

Family of Adoption, The

Author: Joyce Maguire Pavao

Publish Date: 1998

Length: 124 pages

This popular book provides a broad framework for thinking about adoption because it considers the entire family system -- birth parents, adoptive parents, adoptees and other family members. By feeling empathy for all members of the extended family, everyone involved can grow, learn and heal.

Washington State Resource Family Lending Library Catalogue

Adoption - General

Finding Inner Peace when Coping with Special Needs and Difficult Children (CD)

Author: NACAC Conference 2006 CD

Publish Date: 2006

Length: 90 minutes

Transform chaos into calm by taking care of yourself while coping with difficult and special needs children. Learn ancient principals of mindfulness (how to live in the moment) and how to find peace, even in the face of a screaming child and other turmoil. This workshop is based on *A Cry for Light: A Journey into Love*, a book about a mother who finds inner peace while seeking help for her emotionally disturbed adopted son.

Finding the Right Spot* (see comment about Children's Materials on Index page)

Author: Janice Levy

Publish Date: 2004

Length: 42 pages

When kids can't live with their parents, their feelings are complicated, confusing, and often chaotic. This beautifully illustrated story, for all such kids, regardless of the circumstances, offers children a chance to think about their feelings and understand them better. It also provides caregivers help in understanding the child's experience and a two-page "Note to Caregivers" by professionals for help in facilitating conversation.

First Person Plural (VHS)

Author: Deann Borshay Liem

Publish Date: 2000

Length: 1 hour

This award winning documentary tells the story of its writer, producer, director, Deann Borshay Liem, who in 1966, was adopted by an American family and sent from Korea to her new home in California. Along the way, the memory of her birth family was nearly obliterated by time and misinformation, but recurring dreams led her to discover the truth: her Korean mother was very much alive. Bravely uniting her biological and adoptive families, Borshay Liem's heartfelt journey makes *First Person Plural* a poignant essay on family, loss, and the reconciling of two identities.

First Steps for Strengthening Adoptive Families (DVD)

Author: DVD

Publish Date: 2006

Length: 5 hours 20 minutes.

This DVD can be viewed independently by parents, or as part of a pre-adoptive or post-adoptive curriculum to educate parents, or to educate adoption staff about the important role of attachment, attunement and regulation in strengthening adoptive families. Whether a child was adopted abroad or domestically, early in life or as an older child, recently or several years ago, this DVD can help parents strengthen connections with their adopted child.

For Love of a Child: Stories of Adoption

Author: Lisa Meadows Garfield

Publish Date: 2005

Length: 154 pages

After beginning with her own story (she's an adoptive mom, a birth grandmother, and the sister of an adoptee), Garfield lets the other 19 contributors to this collection tell their own stories. We hear from all members of the triad, including a birthfather, and extended family members. There are international, domestic, kinship, infant, older child, sibling group, and open adoptions, and adoptive parents who gave birth after adopting.

Forever Fingerprints* (see comment about Children's Materials on Index page)

Author: Sherrie Eldridge

Publish Date: 2007

Length: 30 pages

In the first children's book by the author of *Twenty Things Adopted Kids Wish Their Adoptive Parents Knew*, young, imaginative Lucie is excited to feel a baby moving in her Aunt Grace's tummy but it makes her understand her adoption story in a different way. She thinks about her birth parents and wonders why they didn't keep her. This gives Lucie's parents the chance to reinforce their love for her, to empathize with her feelings and to honor her past. The book, for ages 4-8, includes two pages of "Parent Tools and Activities."

Washington State Resource Family Lending Library Catalogue

Adoption - General

Forever Parents: Adopting Older Children

Author: James E. Kloeppel

Publish Date: 1995

Length: 120 pages

Forever Parents is the personal story of one family and their four children, ranging in age from four to nine at the time of adoption. Despite the parents' preparation and good intentions, the children's first months at home were more difficult than expected. This is the story of people learning to live with and love one another through the creation of a family.

Foster Care and Adoption: A Pathway to Understanding* (see comment about Children's Materials on Index page)

Author: Heather Wilson

Publish Date: 2006

Length: 64 pp

The book is a unique interactive, illustrative and educational book created to help children de-mystify the process and their feelings as they move into foster care and adoption. It is an engaging tool to help children understand the people and steps involved in their transition to permanency. Ideally, the book is used by a clinician or caseworker in therapy with a child.

Get Real* (see comment about Children's Materials on Index page)

Author: Betty Hicks

Publish Date: 2006

Length: 184 pages

In this adolescent novel, 13-year-old best friends Dez and Jil are each a little envious of the other's parents – Dez's parents run a sloppy, chaotic household while the adopted Jil's keep a neat, orderly one. Jil becomes obsessed with meeting her birth mother and does so, eventually spending holidays and weekends with her new family which includes a 10-year-old half sister. Problems ensue, lessons are learned, and life is lived.

Goose* (see comment about Children's Materials on Index page)

Author: Molly Bang

Publish Date: 1996

Length: 34 pages

This story for preschoolers through about grade 3 tells of a gosling raised by a family of woodchucks. But despite the best efforts of her family and friends, the goose feels different and sad. So she goes off into the world to learn what she can about herself, where she learns she can fly. She flies back home to her family, surprising everyone, even herself.

Growing Up Adopted

Author: Maxine Rosenberg

Publish Date: 1989

Length: 107 pages

This striking collection of fourteen brief case studies, told in first person, is based on lengthy interviews with eight children and six adults, all of whom were adopted as children. The text is consciousness-raising, low-key, and highly readable. Growing Up Adopted is an illuminating resource for children and adults alike.

Healing Power of the Family: An Illustrated Overview of Life with the Disturbed Foster or Adopted Child, The

Author: Rick Delaney

Publish Date: 1997

Length: 112 pages

In a warm and humorous style, Delaney identifies common behavioral/emotional problems observed in maltreated children, and offers several sample family-based interventions which reflect the creativity often needed to explore non-traditional means of addressing acting out behaviors and fostering attachments. Delaney addresses behaviors such as lying, bedwetting, stealing, fire setting, vandalism, cruelty to animals, inappropriate toileting, sexualized behaviors, defiance, insatiable neediness, tantrumming, and running away.

How it Feels to be Adopted* (see comment about Children's Materials on Index page)

Author: Jill Krementz

Publish Date: 1982

Length: 105 pages

Nineteen young people present both the good and the bad sides of being adopted from an adolescent point of view--a personal and moving book to be read by children and parents.

Washington State Resource Family Lending Library Catalogue

Adoption - General

I Wonder...Teenagers Talk About Being Adopted (VHS)

Author: Families Adopting in Response

Publish Date: 1996

Length: 45 minutes

Fourteen adopted teenagers respond to such topics as "difficult times," "special memories," "birth families," "transracial/transcultural issues," "how much they think about adoption," and others. The range of answers is certain to provide insight and compassion to anyone who interacts with adopted people.

In My Heart* (see comment about Children's Materials on Index page)

Author: Molly Bang

Publish Date: 2006

Length: 32 pages

This warm, reassuring book with vividly colored illustrations and lettering has a mother telling her child how she thinks of that child and finds her/him in her heart in a wildly imaginative list of ways, times, places and circumstances over the course of a typical day. For children 4-8

Is That Your Sister?* (see comment about Children's Materials on Index page)

Author: Catherine Bunin

Publish Date: 1992

Length: 31 pages

This illustrated children's book tells about the feelings of a child who was adopted into a multiracial family and who explains adoption as a chosen way of life that is positive, compassionate and civilized.

Joining New families: A Study of Adoption and Fostering in Middle Childhood

Author: David Quinton

Publish Date: 1998

Length: 243 pages

Based on a study of 61 children who were placed, between the ages of 9 and 10, with adoptive or long-term foster families, this book focuses on the problems and strengths the children brought to their new families, how the families coped, and factors associated with stable, secure placements.

Journey of the Adopted Self: A Quest for Wholeness

Author: Betty Jean Lifton

Publish Date: 1994

Length: 328 pages

From the author of *Lost and Found*, this book is a story of one adopted child's search for a sense of self, beginning when she first learns she is adopted at age 7. Lifton illustrates that this search is a lifelong process for the adopted child.

Joys and Challenges of Raising Adopted Children, The

Author: Lois Melina

Publish Date: 1990

Length:

Families formed by adoption have unique experiences not shared by families formed by birth. This tape describes the sometimes difficult and subtle ways adoption challenges families and provides opportunities for growth.

Laughter and Parenting: The Importance of Laughter When Nothing Seems Funny (CD)

Author: NACAC Conference 2006 CD

Publish Date: 2006

Length: 90 minutes

Laughing is one of the healthiest things one can do when facing the deep stresses of parenting and life in general. This workshop demonstrates how to bring more laughter into both home life and work life, particularly in areas that were previously viewed as not particularly funny.

Little Heroes Foster Care and Adoption* (see comment about Children's Materials on Index page)

Author: Kristin & Tracy Condon & Crabb

Publish Date: 2003

Length: 32 pages

This issue focuses on two brothers, Robert and Philip, in the welfare system and their tale of new homes and separation. Little Heroes can help brothers and sisters of a new child in the family be more tolerant of the emotional turmoil of adoption, as well as help them accept the new sibling's behaviors that frustrate them and contribute to conflict in sibling relationships.

Washington State Resource Family Lending Library Catalogue

Adoption - General

Lost and Found: The Adoption Experience

Author: Betty Jean Lifton

Publish Date: 1988

Length: 321 pages

In this book, Betty Jean Lifton discusses all aspects of adoption (the adoptee, the adoptive parents, and the birth parents). Lifton promotes open adoptions and argues that adoptees should know as much as possible about their backgrounds.

Love Like No Other, A: Stories from Adoptive Parents

Author: Pamela and Jill Smolowe Kruger

Publish Date: 2005

Length: 254 pages

Twenty leading writers, all adoptive parents, offer evocative, sometimes provocative, personal essays that have the liveliness and immediacy of prose fiction. Categorized in four sections, "Reflections on Birth Parents;" "Encounters with the unexpected;" "Variations on Family;" and "Personal Transformations," these essays reflect the diversity of adoption in America.

Making Sense of Adoption

Author: Lois Melina

Publish Date: 1989

Length: 245 pages

This "Parent's Guide" offers "many examples of ways to present difficult information in a sensitive manner -- sensitive to the child's needs, to the birthparents' struggles, and to the adoptive parents' perspective."

Me and My Families (VHS)

Author: Video

Publish Date: 1998

Length: 28 minutes

This video, a musical play celebrating similarities and differences between families, focuses on three kids, one adopted as an older child, one whose parents are divorcing, and another whose family is more traditional. They all want to fit in and have friends, but life isn't usually that simple. Despite its cheery surface, it addresses real issues with clarity and compassion.

More Than Love (VHS)

Author:

Publish Date: 1992

Length: 67 min

This video shares intimate glimpses of families who have grown up together through the joys and challenges unique to adoption: fantasies, lingering grief over infertility, living with a child's inherited biological traits, sibling rivalry, search wishes and fears, how and when to talk openly about adoption, and more. It helps adoptive parents deal with their own and their children's adoption issues at various stages of development and includes a 32 page guidebook for adoptive parents.

This video comes with the booklet "More Than Love: A Guidebook."

Mulberry Bird, The: An Adoption Story* (see comment about Children's Materials on Index page)

Author: Ann Braff Brodzinsky

Publish Date: 1996

Length: 44 pages

Revised in 1996 from the 1986 version, and with color illustrations, this book tells the story of a mother bird whose best efforts to care for her young chick fall continually short of keeping him safe. So she goes to Owl who helps her find another family for her baby. He adapts well to the new environment, but he also deals with questions and issues related to his adoption.

Nutmeg Gets Adopted* (see comment about Children's Materials on Index page)

Author: Judith Foxon

Publish Date: 2001

Length: 22 pages

(Ages 4-8) A little squirrel goes to live with a new family because his birth mother cannot keep him safe. This book encourages children to explore their own stories and understand some of the painful memories they might have of their early life. Illustrated by Sarah Rawlings, it is intended to be read to children by their adoptive parents. A removable "Practice Guidelines" section offer suggestions and triggers for further discussion which can be developed to suit the needs of each child.

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Adoption - General

Older Child Adoption

Author: Grace Robinson

Publish Date: 1998

Length: 170 pages

The chapters in Part 1 of this book deal with specific issues faced by some older adopted kids, such as grief, trauma, sexual abuse, provocative behavior, etc. Part 2 deals with different family dynamics. Laced with interviews and stories, it presents a realistic picture of the challenges and opportunities that adoptive parents of older children face.

Our Own: Adopting and Parenting the Older Child

Author: Trish Maskew

Publish Date: 1999

Length: 252 pages

An Adoptive Mother draws on her own experiences, extensive research, and interviews with adoptive families, adult adoptees, and professionals to create a memorable collection of practical tips, advice and real-life stories on older child adoption.

Parent 2 Parent: A Mentoring Program (VHS)

Author: Richard J. Delaney

Publish Date: 1999

Length:

In this tape, Rick Delaney and four foster parents discuss the spiritual and practical benefits of foster and adoptive parent mentoring. This video and its companion guidebook, "Safe Passage," provide a glimpse at what is possible when experienced adoptive parents mentor relatively inexperienced parents who have just embarked on their journey with troubled adoptive children.

Parenting Someone Else's Child: The Foster Parents' How-To Manual

Author: Ann Stressman

Publish Date: 2004

Length: 220 pages

Stressman, who has parented over 100 foster children and adopted four, offers a broad range of perspectives with chapters on the impact of social class; the importance of a support system; fostering or adopting older children; using strengths, dealing with weaknesses; system issues/establishing working relationships; dealing with "failure"; and more.

Parenting Your Adopted Child

Author: Stephanie Siegel

Publish Date: 1989

Length: 234 pages

From infancy through the teenage years and beyond, this book serves as a practical manual. For each stage of adoption, it provides advice on how to handle the issues of adoption including special needs adoption, special situations, and common questions.

Parenting Your Adopted Older Child

Author: Brenda McCreight

Publish Date: 2002

Length: 199 pages

With such chapters as "Attachment," "Loss and Grief," "False Allegations of Abuse," "Maintaining Your Married or Single Lifestyle," "Avoiding Power Struggles," "Self-Esteem for You and Your Child," and many more, this handbook has something for just about any family who has adopted a child older than two years either domestically or internationally.

Parenting Your Internationally Adopted Child: From Your First Hours Together Through the Teen Years

Author: Patty Cogen

Publish Date: 2008

Length: 412 pages

Though written with international adoptions in mind, this book has much that is relevant to domestic adoptions as well, including bonding; development of a positive self image; telling the child's story from the child's point of view; handling sleep problems, meal time problems, and resistance to house rules; etc.

Washington State Resource Family Lending Library Catalogue

Adoption - General

Perfect Spring, A* (see comment about Children's Materials on Index page)

Author: Lark Carrier

Publish Date: 1990

Length: 24 pages

This illustrated story for young children tells of a seabird couple who find an egg and hatch it along with their own. The egg they find hatches into a turtle. Both young listen to the lessons taught by the parents which apply equally to life in the air and life in the sea. This book takes a look at the similarities of parenting children born to you and adopted and yet gives the freedom to both young to explore the environments that "feel" natural.

Post Adoption Family Therapy: A Practice Manual

Author: Cheryl Prew

Publish Date: 1990

Length: 40 pages

This resource book provides current information about the unique challenges adoptive families face, describes the Protective Bonding Cycle and its role in the attachment process, and presents a treatment model utilizing six innovative solution-focused intervention techniques that work with adoptive families.

Post-Adoption Blues, The: Overcoming the unforeseen challenges of adoption

Author: Dr. Karen J. and John R. Thompson Foli

Publish Date: 2004

Length: 225 pages

Drawing on their own experience as adoptive parents as well as interviews with dozens of adoptive families and experts in the field, Drs. Foli and Thompson help parents address the stress and depression that can follow an adoption by focusing on adjusting their expectations of themselves, their child, and others in their world.

Preparing Youth for Adult Life (VHS)

Author: Ed-Net Series

Publish Date: 1996

Length: 2 hours

A panel consisting of a therapist, an agency director, and an adoptive/foster parent discuss developmental issues for youth ages 11-30, with a focus on the additional developmental tasks adopted and foster youth face. The video will challenge adoptive parents to re-evaluate their views on defining family, honoring birth family connection, educating the community, understanding the tasks and steps that assist youth in moving into adulthood, and the wisdom of independent living at a particular age. This video is intended for parents of adolescents and young adults.

Raise the Blue: The Practical and Humorous Guide to Foster and Kinship Care

Author: Marcia Sindone

Publish Date: 2004

Length: 397 pages

This book, by an experienced therapeutic foster parent, has chapters on discipline; fostering children age 0-6; fostering age 7-12; fostering teenagers; sexual abuse; protection plans and crisis plans; and more. Though its focus is foster care, it has much to offer adoptive families.

Raising Adopted Children

Author: Lois Melina

Publish Date: 1998

Length: 370 pages

This 1998 update of the classic handbook on issues faced by adoptive families examines the child's physical, emotional and psychological development at every age. It also has chapters on special topics such as the multiracial family, serious behavior problems and single parent adoption.

Raising Resilient Rascals 2008: Disk 1 (DVD)

Author: DVD

Publish Date: 2008

Length: 3 hours

This disk includes the following presentations from the 2008 conference: "The Nature and Nurture of the Brain" with Julian Davies; "The Dichotomy of Foster Care Adoption" with Paulette Caswell; and "Raising Resilient Rascals in a Raging Rambunctious World" – on sensory processing – with Stephen T. Glass.

Washington State Resource Family Lending Library Catalogue

Adoption - General

Real Parents, Real Children: Parenting the Adopted Child

Author: Holly van Gulden

Publish Date: 1997

Length: 262 pages

This book offers insight into how adopted children commonly think and feel about being adopted. It explains how and why they grieve for their birth parents and suggests ways that adoptive parents can help them come to a healthy resolution of this grief.

Reflection Pond

Author: Jaiya John

Publish Date: 2007

Length: 228 pages

Through allegory and parable, poetry and prose, Jaiya John, author of *Black Baby White Hands*, draws from the natural world around us to unveil the magical inner life of children and youth. Here is a revelatory positioning of the human mirror.

Rituals in Adoption

Author: Lois Melina

Publish Date: 1993

Length:

This tape helps families understand the importance of rituals and how to create them. It helps families design meaningful rituals for significant events from ceremonies of mourning to entrustment of a child to adoptive parents.

Second Best (VHS)

Author: Warner Brothers

Publish Date: 1993

Length: 105 minutes

Graham (William Hurt) is a shy man who must find the courage to reach for happiness. James is a young boy, scarred by childhood tragedy and torn between loyalty to his convict father and his growing attachment to Graham. Together, Graham and James discover families aren't born, they're made - one risk, one joy, one act of trust at a time. Released in theaters, Rated PG-13.

Secret Thoughts of an Adoptive Mother

Author: Jana Wolff

Publish Date: 2000

Length: 163 pages

Wolff, whose interracial, open adoption of an infant at birth is the source of this volume's content, shares her experiences with wit and fearless honesty. She addresses such personal fears and questions as: What if I don't like the kid I get? Will my child ever feel like mine? Why am I so sad when I'm supposed to be so happy? Are people staring, or am I paranoid? Will she want him back? What if I want to return him?

Seven Core Issues in Adoption, The (DVD)

Author: Sharon Kaplan & Deborah N. Roszia & Silverstein

Publish Date: 1989

Length: 2 hours

Adoption is a life long, inter-generational process, which unites birth parents, adoptees and adoptive parents forever. It triggers seven lifelong issues for all triad members -- grief, rejection, guilt, loss, identity, control, and intimacy. Recognizing these similarities, triad members and professionals can reduce the adversarial nature of adoption and improve understanding.

Small Feats: Unsung Accomplishments & Everyday Heroics of Foster & Adoptive Parents

Author: Richard Delaney

Publish Date: 2003

Length: 82 pages

This book describes the results achieved by the daily, one-step-at-a-time, life-long commitment demonstrated by foster and adoptive parents. It examines how raising troubled foster or adoptive children results in costs – both psychological and emotional – to the family.

Washington State Resource Family Lending Library Catalogue

Adoption - General

Tell Me Again About the Night I Was Born* (see comment about Children's Materials on Index page)

Author: Jamie Lee Curtis

Publish Date: 1996

Length: 29 pages

In this picture book, illustrated by Laura Cornell, a young girl asks the parents who adopted her at birth to tell her about the night she was born. She shows from her continued questions that it is a cherished tale she knows by heart. On an accompanying audiotape, Jamie Lee Curtis reads the story followed by a couple of songs.

Toddler Adoption: The Weaver's Craft

Author: Mary Hopkins-Best

Publish Date: 1997

Length: 247 pages

Most often, children are joining their permanent, adoptive families past the age of infancy but not yet as "older children." This book covers many aspects of adopting and parenting these young children: the decision whether or not to adopt; preparation and education; forming attachments; behavior management; and more. Until now, few written resources have been available to discuss this special age -- the toddler.

Touched by Adoption: Stories, Letters and Poems

Author: Nancy A. Robinson

Publish Date: 1999

Length: 338 pages

Together, these stories, letters and poems, compiled by Nancy Robinson, from adoptees, adoptive parents, and birth parents weave a rich tapestry of adoptive life from the diverse perspective of all sides of the triad. They include images of international adoption, life in foster care, search, reunion, loss and grief and affirmation. There is much here for anyone who is touched by adoption.

Twenty Things Adopted Kids Wish Their Adoptive Parents Knew

Author: Sherrie Eldridge

Publish Date: 1999

Length: 211 pages

This book, written by a woman who was adopted, herself, gives voice to children's unspoken concerns and shows adoptive parents how to free their kids from feelings of fear, abandonment and shame. Eldridge reveals twenty complex emotional issues you must understand to nurture the child you love.

Twice Born

Author: Betty Jean Lifton

Publish Date: 1977

Length: 281 pages

An account of one adoptee's search and reunion with her birth parents.

Understanding Adoption

Author: Lois Melina

Publish Date: 1993

Length:

This presentation answers many of the fundamental questions prospective and new adoptive parents have about raising adopted children: How do children and parents "bond" or form attachments in adoptive families? Do adopted children have more psychological problems? Should adopted children have contact with their birth families? When and how should children be told they were adopted?

Welcome Home: A Guide for Adoptive, Foster and Treatment Foster Parents

Author: Christopher Alexander

Publish Date: 2005

Length: 289 pages

This book directs parents in a wide variety of stages of caring for children brought into their lives. It begins with preparation before hand, moves into the settling in stage with the establishment of relationships and expectations, and the last half of the book addresses a variety of emotional issues typically faced by adoptive and foster parents.

Washington State Resource Family Lending Library Catalogue

Adoption - General

When Friends Ask About Adoption: Question and Answer Guide

Author: Linda Bothun

Publish Date: 1996

Length: 88 pages

For parents, teachers and other professionals as well as kids, this booklet not only provides sensitive, down-to-earth answers to kid's questions, but it will also educate adults about the complexities and joys of adoption.

Whole Life Adoption Book, The

Author: Jayne Schooler

Publish Date: 1993

Length: 210 pages

This book offers encouragement and practical information to help you respond to your adopted child's unique struggles and your own feelings of inadequacy or frustration. It addresses such issues as attachment, adjustment and identity and provides "ten essential success factors for healthy adoptive families."

Zachary's New Home: A Story for Foster and Adopted Children* (see comment about Children's Materials on Index page)

Author: Geraldine Blomquist

Publish Date: 1990

Length: 30 pages

Zachary, a little kitten, is confused and concerned. He doesn't understand why he has to move from his first family to a foster family and then to an adoptive family. He is angry at the changes in his life. He thinks no one loves him. This comforting story, designed to be read to children aged 3 to 8, explores his emotions with appealing illustrations of animal characters. It may evoke strong emotions in children, so it is important that knowledgeable and concerned adults discuss these emotions and allow the child to explore his or her own feelings.

Anger

Anger Control Training for Children and Teens

Author: John Taylor

Publish Date: 1995 (Revised)

Length: 38 pages

This guidebook contains step-by-step directions for training children and adolescents in what anger is, ways to express it, and suggestions for healthy management. Techniques can be used in classroom settings as well as individual and counseling situations. Appropriate for children ages 4 -18.

Angry Adolescents and Troubled Teens: A New Approach To Discovering Strengths and Developing Solutions

Author: David Wexler, PhD

Publish Date: 2000

Length: 15 hours 10
tapes

By recognizing the fundamental deficits in teenagers' sense of self-cohesion, participants will learn how to apply innovative interventions for aggression, anxiety, self-destructive behavior, identity problems, substance abuse, self-esteem issues, and abusive behavior. This symposium will also help participants develop creative ways of fostering self-control, self-esteem, self-regulation, self-efficacy, and self-soothing in teens.

Angry Child, The: Regaining Control When Your Child is Out of Control

Author: Tim, Loriann Murphy, Oberlin

Publish Date: 2001

Length: 244 pages

This book explains both the roots of and solutions for uncontrollable anger in children, showing parents how to help their children develop new ways to understand their feelings and interact with others.

Common Sense Parenting: Teaching Childrten Self-Control (DVD)

Author: DVD

Publish Date: 2006

Length: 28 min

TBA

Washington State Resource Family Lending Library Catalogue

Anger

Cuando Sofia se enoja, se enoja de veras...* (solamente se puede recibir crédito para los Materiales para adultos, no para niños)

Author: Molly Bang

Publish Date: 1999

Length: 34 pages

Sofía, una niña que suele erupcionar como un volcán tal como cuando su hermana quiere jugar con su gorila de peluche, sale de la casa con furia después de varios incidentes similares. Ella va de paseo y sube un árbol para mirar al mundo, lo cual le tranquiliza a la niña. Este libro, adecuado para niños de 2 a 7 años de edad, no ofrece respuestas sino demuestra una familia que trata a su niña con respeto y tal vez sea una ayuda a un niño como Sofía para que se evalúe a sí mismo mejor.

[Sophie, subject to sudden volcanic melt downs, such as when her sister wants to play with her stuffed gorilla, storms out the door after a series of such incidents. She goes for a walk and climbs a tree and looks out at the world, which calms her. This book for children ages 2-7, offers no solutions, but it shows a family who treats her with respect and it might help a child like Sophie to better look at herself.]

Dr. Weisinger's Anger Workout Book

Author: Hendrie Weisinger

Publish Date: 1985

Length: 211 pages

The goal of the Anger Workout Book is to stop the pain that anger brings. It gives the reader psychological interventions that will help work out anger and convert it from a negative response to a creative and powerful source of energy that will improve one's quality of life. There are twenty-two workouts that combine to give the reader a powerful means for dealing with and understanding one's own anger and that of others. It also provides the necessary skills to communicate and negotiate with others in a more positive and problem-solving way.

Explosive Child, The

Author: Ross W. Greene

Publish Date: 2005

Length: 275 pages

In this "updated third edition," Dr. Greene describes the factors that contribute to "inflexible-explosive" behavior in children and why the strategies that work for most children aren't as effective for inflexible-explosive children. He offers a procedure parents can follow to slowly achieve results where other plans have not been effective. See "Audiotapes" for an abridged, three hour audiotope version of the 1998 "first edition" of this book.

Explosive Child, The (audiotope)

Author: Ross W. Greene

Publish Date: 1998

Length: 3 hours

Read by author, Ross W. Greene. This tape, abridged from the book, describes children who are prone to explosive behavior and offers explanations as to why the children explode and why conventional responses to such outbursts are not working. Dr. Greene offers a procedure parents can follow to slowly achieve results where other plans have not been effective.

Healing for the Attachment Challenged, Angry and Defiant Child (4 VHS)

Author: Brian Post

Publish Date: 2005

Length: 6 hours

B. Bryan Post talks about parenting children with attachment disorders. He says that the only emotions are love and fear, and when children misbehave, fear is what is driving their behavior. Parents who react to this behavior with fear only make it worse, but parents who make children feel safe can reduce the fear in those children.

Washington State Resource Family Lending Library Catalogue

Anger

Keeping Families Healthy (3 audiotapes)

Author: Holly van Gulden

Publish Date: 2002

Length:

Healthy siblings seldom receive enough attention and support when another child acts out. How do parents and children cope with this dilemma? What are healthy children's needs in time of crisis? This first of three workshops attempts to clarify such issues.

Adopted children who struggle with unresolved loss and/or poor attachment often exhibit acute episodes of rage and chronic or intermittent patterns of passive-aggressive non-compliance. Understandably, such behaviors can and do trigger angry responses, sometimes rage, in parents and siblings. This workshop analyzes anger and offers techniques for avoiding continual battles, managing healthier anger resolution, de-escalating rage episodes, and establishing a healthy, joyful family environment.

When the adopted child brings severe stress to the family, parents need help in sorting out what is going on. What are the needs of the child, siblings, and parents? This workshop discusses how to help parents evaluate conflicting needs of family members and how to let go of their dream -- their expectations of this child and their adoption.

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Letting Go of Anger: The Eleven Most Common Anger Styles and What to Do About Them

Author: Ron Potter-Efron

Publish Date: 2006

Length: 185 pages

Revised from the 1996 edition, this "Second Edition" identifies eleven of the most common ways people express their anger and offers methods for changing them. It gives an in-depth description of these types of anger, where they come from, and how to identify them. The helpful techniques they describe are for anyone who wants to learn to express anger in healthy and productive ways.

Living with an Angry Child (2 audiotapes)

Author: Holly van Gulden

Publish Date: 2002

Length:

Adopted children struggling with unresolved loss or poor attachment often exhibit acute episodes of rage and chronic or intermittent patterns of passive-aggressive non compliance. These behaviors can and do trigger angry responses – sometimes even rage – in parents and siblings. This double workshop with Holly van Gulden analyzes anger and rage, and offers techniques for avoiding continual battles, managing healthy anger resolution, de-escalating rage episodes, and establishing a healthy, joyful family environment.

Washington State Resource Family Lending Library Catalogue

Anger

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Lost Boys: Why Our Sons Turn Violent and How We Can Save Them

Author: James Garbarino

Publish Date: 1999

Length: 238 pages

Lost Boys takes the reader into a dark world where some young children, not all of them urban and impoverished, grow up to become killers. Garbarino gives us insight into how we might learn from the sorrows of these young lives, to help parents, educators and policymakers prevent other children from succumbing to the deadly social environment that led these boys astray.

Me and My Volcano* (see comment about Children's Materials on Index page)

Author: Deborah Hage

Publish Date: 1999

Length: 17 pages

This booklet for children makes an analogy between people who are angry and volcanoes. It explains that either one can let off steam in a nondestructive way or in an explosive, destructive way which hurts both the volcano (or the person) and everyone and everything nearby. It asks the child to draw pictures on almost every page to illustrate feelings behaviors and situations.

Nutmeg Gets Adopted* (see comment about Children's Materials on Index page)

Author: Judith Foxon

Publish Date: 2001

Length: 22 pages

(Ages 4-8) A little squirrel goes to live with a new family because his birth mother cannot keep him safe. This book encourages children to explore their own stories and understand some of the painful memories they might have of their early life. Illustrated by Sarah Rawlings, it is intended to be read to children by their adoptive parents. A removable "Practice Guidelines" section offer suggestions and triggers for further discussion which can be developed to suit the needs of each child.

Nutmeg Gets Cross* (see comment about Children's Materials on Index page)

Author: Judith Foxon

Publish Date: 2002

Length: 22 pages

Ages 4-8 Nutmeg, a small red squirrel, adopted with his younger sister and brother, is having a hard day. It's his birthday and he gets a card from his birth mom, but his joy is mixed with anxiety and confusion. This story offers a practical way to identify, explore and understand painful feelings that are likely to surface following adoption - often triggered by seemingly happy events such as birthdays or contact with birth siblings, but also by problems at school such as bullying and being behind. A removable "Practice Guidelines" section offer suggestions and triggers for further discussion which can be developed to suit the needs of each child.

Otto Learns About His Medicine: A Story About Medication for Hyperactive Children* (see comment about Children's Materials on Index page)

Author: Matthew Galvin

Publish Date: 1995

Length: 26 pages

This picture book tells of a hyperactive car who learns from a special mechanic about how "car medicine" can help him control his behavior.

Washington State Resource Family Lending Library Catalogue

Anger

Parenting the Explosive Child (VHS)

Author: Ross Greene

Publish Date: 2004

Length: 2 hours

Drs. Ross Greene and Stuart Ablon help parents understand the specific cognitive skill deficits that can impair a child's capacities for flexibility and frustration tolerance. They provide step-by-step guidance on their approach – known as Collaborative Problem Solving (CPS) – for teaching these skills. It features live interviews with parents and provides answers to many of the questions parents have about the CPS approach.

Parenting the Explosive Child (DVD)

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Raising Resilient Rascals 2008: Disk 2 (DVD)

Author: DVD

Publish Date: 2008

Length: 3.5 hours

This disk includes the following presentations from the 2008 conference: "What Can Orphans Tell Us about the Family's Role in Promoting Child Well-Being? The Bucharest Early Intervention Study;" with Dana Johnson; "Why Does My Child Go Ballistic?" with Gwen Lewis; and a Question/Answer Panel with Presenters.

Taming the Dragon in Your Child

Author: Meg Eastman

Publish Date: 1994

Length: 213 pages

Dr Eastman's true-life examples let you zero in on the sources of rage and defuse problem situations before they explode. Learn to recognize the warning signs of serious family stress; understand your own anger-the dragons that families pass from one generation to the next; keep sibling rivalry in check; discipline without inhibiting personal development; and handle special problems-divorce, abuse, trouble at school, death, and other crises.

Understanding Temperament

Author: Lyndall Shick

Publish Date: 1998

Length: 119 pages

This book is intended to help parents understand their child's unique, inborn temperament so they can solve problems by improving the "fit" between their child and the environment (people, situations, surroundings).

Understanding the Defiant Child (DVD)

Author: DVD

Publish Date: 1997

Length: 34 min

TBA

When Anger Hurts Your Kids: A Parent's Guide

Author: Matthew McKay

Publish Date: 1996

Length: 157 pages

This book targets families with anger and communication difficulties. It offers information about the long-term effects of anger and how to prevent them early on. This book describes how to tell if your family has anger problems, how anger affects children, 18 mistaken beliefs that fuel your anger, the art of problem-solving communication, and more.

Washington State Resource Family Lending Library Catalogue

Anger

When Anger Hurts: Quieting the Storm Within

Author: Matthew McKay

Publish Date: 1989

Length: 301 pages

This book is divided into three parts. The first part, "Understanding Anger," is designed to help readers understand the nature, causes, and costs of anger. "Skill Building," the second part, offers skills and techniques that can be developed to help reduce the intensity and effects of anger. And "Anger at Home," deals with special problems in the home including a chapter on "Anger and Children."

When Anger Hurts: Quieting the Storm Within (Second Edition)

Author: Matthew McKay

Publish Date: 2003

Length: 288 pages

This book – about anger in adults, not anger in children – is designed to help readers understand the nature, causes, and costs of anger. It offers skills and techniques that can be developed to help reduce the intensity and effects of anger. Chapters dealing with specific areas "Road Rage," "Anger and Children," address circumstances that can be problematic for some adults.

When Sophie Gets Angry – Really, Really Angry ...* (see comment about Children's Materials on Index page)

Author: Molly Bang

Publish Date: 1999

Length: 34 pages

Sophie, subject to sudden volcanic melt downs, such as when her sister wants to play with her stuffed gorilla, storms out the door after a series of such incidents. She goes for a walk and climbs a tree and looks out at the world which calms her. This book offers no solutions to a child who rages, but it shows a family that treats her with respect and might help a child like Sophie to better look at herself. Ages 2-7

Attachment and Bonding

Achieving Success with Impossible Children: How to Win the Battle of Wills

Author: Dave Ziegler

Publish Date: 2005

Length: 343 pages

This book for parents, from the author of *Raising Children Who Refuse to be Raised*, discusses working with challenging children in various settings. It provides numerous case examples, practical applications, and hands-on suggestions, and includes chapters on mastering responsibility, positive discipline, violence, trauma, trauma therapy, attachment, residential treatment, and school success.

Approaches to Attachment and Bonding (VHS)

Author: Ed-Net Series

Publish Date: 1996

Length: 2 hours

This panel discussion with two adoption professionals and two pairs of adoptive parents, addresses issues faced by families of children who suffer from attachment disorder. The "Attachment Cycle" is described to show how healthy attachments are formed and what kinds of circumstances can be detrimental to the formation of healthy attachments. Anecdotes demonstrate techniques families can use to nurture children who have attachment and bonding disorders.

Assessing Attachment, Separation and Loss

Author: Linda Bayless

Publish Date: 1989

Length: 32 pages

This booklet will help parents and professionals examine the process of attachment, the needs of children related to attachment, the behaviors that indicate the presence or absence of attachments, and ways to develop attachments.

Washington State Resource Family Lending Library Catalogue

Attachment and Bonding

Attaching in Adoption: Practical Tools for Today's Parents

Author: Deborah D. Gray

Publish Date: 2002

Length: 362 pages

This "how to" and "why to" guide, considers ways to balance families, giving attention to all family members, protecting the development of siblings, and maintaining a family with high self-esteem. Filled with vignettes drawn from over 10,000 hours counseling adopted children, this book addresses building emotional intelligence and concludes with ways parents can build family, peer, and professional support for themselves and for their child.

Attachment

Author: ORPARC Staff

Publish Date: 2002

Length:

(Available November 2009)

This packet contains sections entitled, Attachment Theory Overview; Attachment in Adoption; Diagnoses, Dual Diagnoses, Mis-diagnoses; Treatment and Treatment Controversies; and Parenting to Promote Attachment. It also includes short, reprinted articles by Vera Fahlberg, Vick Pike, and Susan Suter, and notes on lectures by Gregory Keck and Dave Ziegler.

Attachment-Focused Parenting: Effective Strategies to Care for Children

Author: Daniel Hughes

Publish Date: 2009

Length: 194 pages

Attachment security and affect regulation have long been buzzwords in therapy circles, but rarely are they effectively applied to basic parenting skills. Hughes, a leading attachment specialist, brings attachment work from the therapy room to the outside, equipping caregivers with practical parenting techniques rooted in attachment theory and research.

Becoming Attached: First Relationships and How They Shape Our Capacity to Love

Author: Robert Karen

Publish Date: 1994

Length: 441 pages

Dr. Karen explores such questions as: What do children need to feel that the world is a positive place and that they have value? What are the risks of day care for children under one year of age, and what can parents do to manage those risks? What experiences in infancy will enable a person to develop healthy relationships as an adult?

Best of Adopted Child: Bonding and Attachment in Adoptive Families

Author: Lois Melina

Publish Date: 1982/1997

Length:

This collection of articles from 1982 to 1997 includes pieces on a wide range of specific disorders, treatments, strategies and views related to attachment and bonding in adopted children.

Beyond Consequences, Logic, and Control: A Love Based Approach to Helping Attachment-Challenged Children With Severe Behaviors

Author: Heather T. and Bryan Forbes and Post

Publish Date: 2006

Length: 109 pages

This book is divided into three parts – "The Principles of a New Understanding;" "Seven Behaviors Based in Fear;" and "Parenting Bonus Section." The middle part devotes a chapter each to "Parents Appear Hostile and Angry;" "Lying;" "Stealing;" "Hoarding and Gorging;" "Aggression;" "Defiance;" and "Lack of Eye Content." It might be useful for any one of those chapters.

Broken Spirits Lost Souls: Loving Children with Attachment and Bonding Difficulties

Author: Jane Ryan

Publish Date: 2002

Length: 388 pages

In the first of its three parts, Ryan describes "The problem," but the bulk of this book is the stories of families who are raising children with attachment and bonding difficulties. The third part, "Some Solutions," is in three chapters, "The Professionals and Their Therapies," "Meeting the Families' Needs," and "Faith, Hope, and Conclusions."

Washington State Resource Family Lending Library Catalogue

Attachment and Bonding

Building the Bonds of Attachment

Author: Daniel Hughes

Publish Date: 1998

Length: 296 pages

This book exposes the tragedy of the unattached child, using a composite figure, Katie, a fragmented, tormented, isolated girl in foster care who is filled with terror, rage, shame and despair. It realistically portrays the experiences of poorly attached children and offers practical strategies for helping them overcome their difficulties.

Building the Bonds of Attachment (DVD)

Author: Daniel Hughes

Publish Date: 2006

Length: 3 hours

This two-disk DVD, from a workshop on the author's method of Dyadic Developmental Psychotherapy is for parents and professionals who live or work with adopted, foster, or biological children with trauma-attachment disorders. He presents techniques for dealing with the child and the behavior and understanding the difference.

Connected Child, The

Author: Karyn Purvis

Publish Date: 2007

Length: 234 pages

Written by two research psychologists specializing in adoption and attachment, this book is intended to help adoptive parents build bonds of affection and trust with their adopted child, effectively deal with any learning or behavioral disorders, and discipline their child with love without making him or her feel threatened.

Connecting with Kids through Stories: Using Narratives to Facilitate Attachment in Adopted Children

Author: Denise, Todd, Joanne Lacher, Nichols, May

Publish Date: 2005

Length: 131 pages

Providing a thorough theoretical grounding and detailed information on therapeutic techniques and how to assess progress, this book shows parents how to create their own therapeutic stories to promote increased attachment and improved behavior in their child. It describes how different kinds of narratives can help with specific difficulties.

Despair Turned into Rage: Understanding and Helping Abused, Neglected, and Abandoned Youth

Author: Paul Lavin

Publish Date: 1999

Length: 108 pages

This book from Child Welfare League of America, is designed to help anyone who works with abused, neglected and abandoned youth. It includes interviewing techniques and intervention strategies.

Developing Mind, The: How Relationships and the Brain Interact to Shape Who We Are

Author: Daniel J. Siegel

Publish Date: 1999

Length: 337 pages

This book, for clinicians, educators, researchers, and anyone interested in human experience, goes beyond the nature and nurture divisions that have constrained much of our thinking about development. Siegel explores the role of interpersonal relationships in forging key connections in the brain. He presents a new way of thinking about the emergence of the human mind and the process by which each of us becomes a feeling, thinking, remembering individual.

Discipline and the Adopted Child with Special Needs (audiotape)

Author: Holly van Gulden audiotape

Publish Date: 2002

Length: 90 minutes

Children who have experienced parental loss, neglect, and/or abuse often bring extreme emotional pain, unremitting neediness, and dysfunctional behaviors to their foster and adoptive families. Such children need therapeutic parenting to help them change. This workshop reviews the goals of discipline and offers a technique to help parents and professionals design effective disciplinary responses.

Washington State Resource Family Lending Library Catalogue

Attachment and Bonding

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Don't Touch My Heart: Healing the Pain of an Unattached Child

Author: Lynda Mansfield

Publish Date: 1994

Length: 111 pages

Come along on this quick to read, hard to forget journey through the first six years of a young boy's life. Parents of an unattached child will find solace and hope in this realistic but encouraging story of Jonathan and the adoptive family he almost destroys. See how an insightful therapist and the renewed commitment of his parents make the difference in helping Jonathan learn to release his anger and accept love. This book is a "must read" for adoptive parents, social workers, and therapists.

Facilitating Developmental Attachment: The Road to Emotional Recovery and Behavioral Change in Foster and Adopted Children

Author: Daniel Hughes

Publish Date: 1997

Length: 251 pages

This book provides professionals and parents a comprehensive understanding of the issues and of the types of interventions that succeed in resolving them. It takes the mysterious child and teaches us how to reach him or her and bring the child into a meaningful interaction with us and with others.

First Steps for Strengthening Adoptive Families (DVD)

Author: DVD

Publish Date: 2006

Length: 5 hours 20 minutes.

This DVD can be viewed independently by parents, or as part of a pre-adoptive or post-adoptive curriculum to educate parents, or to educate adoption staff about the important role of attachment, attunement and regulation in strengthening adoptive families. Whether a child was adopted abroad or domestically, early in life or as an older child, recently or several years ago, this DVD can help parents strengthen connections with their adopted child.

Fostering Changes: Myth, Meaning and Magic Bullets in Attachment Theory

Author: Richard Delaney

Publish Date: 2006

Length: 117 pages

In this 3rd edition of the classic "Fostering Changes," Delaney addresses parents' concerns about their children who have been diagnosed with Reactive Attachment Disorder, a condition related to early abuse, neglect, and/or sexual exploitation. He underscores how parents and others can help children understand and reduce acting-out behavior, increase their capacity to express feelings and needs in words, improve willingness and ability to negotiate differences, and enhance positive encounters with parents.

Give Them Roots, Then Let Them Fly

Author: Attachment Center at Evergreen

Publish Date: 1995

Length: 237 pages

This compilation of essays by experts who have worked at the Attachment Center at Evergreen or its forerunner, The Youth Behavior Program, is divided into three parts: "Understanding Attachment Theory," "Understanding The Attachment Center at Evergreen Therapy," and "The Implications of Attachment Therapy." There is information here for the professional and the parent.

Washington State Resource Family Lending Library Catalogue

Attachment and Bonding

Healing for the Attachment Challenged, Angry and Defiant Child (4 VHS)

Author: Brian Post

Publish Date: 2005

Length: 6 hours

B. Bryan Post talks about parenting children with attachment disorders. He says that the only emotions are love and fear, and when children misbehave, fear is what is driving their behavior. Parents who react to this behavior with fear only make it worse, but parents who make children feel safe can reduce the fear in those children.

Healing Parents: Helping Wounded Children Learn to Trust & Love

Author: Michael and Terry Levy Orlans

Publish Date: 2006

Length: 277 pages

Written by therapists, teachers, consultants and researchers, this guide gives caregivers the tools they need to help emotionally wounded children heal behaviorally, socially, and morally. The authors provide strategies and research to help parents and caregivers understand their child, respond in a constructive way, and create a healthy environment.

Keeping Families Healthy (3 audiotapes)

Author: Holly van Gulden

Publish Date: 2002

Length:

Healthy siblings seldom receive enough attention and support when another child acts out. How do parents and children cope with this dilemma? What are healthy children's needs in time of crisis? This first of three workshops attempts to clarify such issues.

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Washington State Resource Family Lending Library Catalogue

Attachment and Bonding

Learning the Dance of Attachment: An Adoptive Parent's Guide to Fostering Healthy Development

Author: Holly, Charlotte van Gulden, Vick

Publish Date: 2005

Length: 100 pages

This book, from the author of *Real Parents Real Children*, is a handbook style guide to raising adopted children, offering chapters devoted to specific developmental stages – though your child is nine, if she behaves more like a four-year-old, then that might be the developmental stage she is in. It is full of charts, lists, anecdotes, and guidelines that make it an easy tool for parents to use and refer back to.

Living with an Angry Child (2 audiotapes)

Author: Holly van Gulden

Publish Date: 2002

Length:

Adopted children struggling with unresolved loss or poor attachment often exhibit acute episodes of rage and chronic or intermittent patterns of passive-aggressive non compliance. These behaviors can and do trigger angry responses – sometimes even rage – in parents and siblings. This double workshop with Holly van Gulden analyzes anger and rage, and offers techniques for avoiding continual battles, managing healthy anger resolution, de-escalating rage episodes, and establishing a healthy, joyful family environment.

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Long Journey Home, The* (see comment about Children's Materials on Index page)

Author: Richard Delaney

Publish Date: 1997

Length: 42 pages

This illustrated children's book tells the story of a young boy named Mayla. Separated from his mother by a raging flood, Mayla begins a perilous search to find her. This story is an adventure-with-a-message for any child who has suffered separation from loved ones. The Long Journey Home is all about love and loss, trauma and trust.

Mindful Brain, The: Reflection and Attunement in the Cultivation of Well-Being

Author: Daniel Siegel

Publish Date: 2007

Length: 328 pages

The author of "The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are" combines physiology, psychology and philosophy to provide insight into how we achieve a state of well being.

Nurturing Adoptions: Creating Resilience after Neglect and Trauma

Author: Deborah Gray

Publish Date: 2007

Length: 457 pages

This state of the art guide for parents and professionals helping children affected by neglect and trauma demonstrates not only the effects on brain and emotional development of neglect and trauma and how to recognize them, but also approaches at home and at school that encourage these children to flourish. Although its focus is weighted toward the professional, this book is an excellent companion piece to Gray's other book, *Attaching in Adoption*, and it should be a source of enlightenment for parents as well.

Washington State Resource Family Lending Library Catalogue

Attachment and Bonding

Parenting from the Trenches (CD)

Author: CD

Publish Date: 2008

Length:

See your kids in a whole new light! This workshop, recorded at the 2008 NACAC Conference in Ottawa, offers a toolbox of strategies and techniques useful in parenting children and teens. Topics include: (1) developing trust and attachment while helping children learn to manage their own behaviors, (2) building self-esteem, and (3) maintaining your sanity. Special attention is paid to the unique world of teens.

Post Adoption Family Therapy: A Practice Manual

Author: Cheryl Prew

Publish Date: 1990

Length: 40 pages

This resource book provides current information about the unique challenges adoptive families face, describes the Protective Bonding Cycle and its role in the attachment process, and presents a treatment model utilizing six innovative solution-focused intervention techniques that work with adoptive families.

Primal Wound, The: Understanding the Adopted Child

Author: Nancy Newton Verrier

Publish Date: 1993

Length: 222 pages

By applying information about pre-and perinatal psychology, attachment, bonding, and loss, this book clarifies the effects on adopted children of separation from the birthmother. It also gives those children, whose pain has long been unacknowledged or misunderstood, validation for their feelings, as well as explanations for their behavior. The insight it brings to the experience of abandonment and loss will contribute to the healing of adoptees, their adoptive families, and birthparents.

R.A.D. Reactive Attachment Disorder: Foster Parent College training for adoptive, kinship, and foster parents (DVD)

Author: Richard Delaney

Publish Date: 2005

Length: 40 minutes

In this course, Dr. Richard Delaney explores the symptoms and types of RAD with a parent support group and offers strategies for dealing with the complex and challenging disorder. Topics covered include the difference between a healthy attachment - where children feel safe, secure and loved - and an unhealthy attachment; emotionally promiscuous RAD; hyper-vigilant RAD; and RAD and other diagnoses.

Includes: 1 Interactive DVD, Viewer Guide, and reproducible handouts and questionnaire

Raising Children Who Refuse To Be Raised

Author: Dave Ziegler

Publish Date: 2000

Length: 310 pages

Dr. Ziegler, the founder and Executive Director of SCAR/Jasper Mountain, a treatment program for some of our society's most damaged children, has also been a foster parent to hundreds of challenging children. He provides a mix of wisdom that comes from working in this field for 30 years, humor, and practical tools for families and their therapists/coaches. The safe emotional environment he describes combines optimal structure and appropriate limits with nourishment and compassion.

Raising Resilient Rascals 2008: Disk 2 (DVD)

Author: DVD

Publish Date: 2008

Length: 3.5 hours

This disk includes the following presentations from the 2008 conference: "What Can Orphans Tell Us about the Family's Role in Promoting Child Well-Being? The Bucharest Early Intervention Study;" with Dana Johnson; "Why Does My Child Go Ballistic?" with Gwen Lewis; and a Question/Answer Panel with Presenters.

Washington State Resource Family Lending Library Catalogue

Attachment and Bonding

Raising Resilient Rascals 2008: Disk 4 (DVD)

Author: DVD

Publish Date: 2008

Length: 3 hours

This disk includes the following presentations from the 2008 conference: "Safe Now! Five Faves for Families Helping Anxious Children" with Deborah Gray; "Om a Little Teapot: techniques for Relaxation and Self-regulation" with Julian Davies; and a Cases Panel with Deborah Gray, Julia Bledsoe, Cynthia Kertesz and others.

Read-Aloud Handbook, The (Sixth Edition)

Author: Jim Trelease

Publish Date: 2006

Length: 292 pages

This book tells you why, how, when, and what to read aloud to your children. The why (it helps your kid, helps your relationship with your kid, and it's fun) is reason enough to make a habit of it. The "how" includes a list of do's, don'ts, tips on luring kids away from TV, etc. When? Now! The what includes a 104 page list of recommended read-aloud books (not all good books are ideal for reading aloud) based on type, topic, and age level.

Right Fit, The: Finding Effective Help for Families with Attachment Challenged Children (CD)

Author: CD

Publish Date: 2008

Length:

In this audio program, Juli Alvarado, at Coaching for Life, (www.coaching-forlife.com), interviews Jennifer Winkelmann. Juli speaks from her role as a mother to foster and biological children, seeking information for parents on finding the right kind of help for children with attachment challenges. Jen and Juli discuss how to find an effective therapist and equip parents and professionals with the keys to successful treatment.

Sexually Reactive Children in Adoption and Foster Care

Author: Joan McNamara

Publish Date: 1994

Length: 138 pages

This anthology discusses the complicated intertwining of abuse and attachment and the need to effectively respond to children's abuse-reactive behaviors.

Six Core Strengths for Healthy Childhood Development, The, (DVD)

Author: Bruce Perry

Publish Date: 2004

Length: 140 minutes

This seven-part program features Bruce D. Perry, M.D., Ph.D. The first part is an overview and definition of the six core strengths discussed. Each subsequent part focuses on a key skill (and ways to help children acquire that skill) critical to healthy child development: Attachment, Self Regulation, Affiliation, Attunement, Tolerance and Respect.

Tender Healing (VHS)

Author: Spaulding for Children

Publish Date: 1997

Length: 45 minutes

This video, from Spaulding for Children, features three segments designed to help parents and professionals better understand issues related to effective discipline and helping children make transitions and form attachments.

Therapeutic Parenting: It's A Matter of Attitude

Author: Deborah Hage

Publish Date: 2003

Length: 62 pages

This booklet, from the author of "Me and My Volcano," is a sort of handbook for parents raising children with attachment issues. It offers a variety of things to consider, techniques, examples interventions, anecdotes and pearls of wisdom.

Washington State Resource Family Lending Library Catalogue

Attachment and Bonding

Theraplay: Helping Parents and Children Build Better Relationships Through Attachment-Based Play (Second Edition)

Author: Ann M. & Phyllis B. Jernberg & Booth

Publish Date: 1999

Length: 384 pages

This book shows parents how to use play to communicate love and authority and to engage their children in interactions that develop competence, self-esteem and trust. Booth's revised Edition, integrates Jernberg's innovative approach with recent research on attachment and the effect of stress and trauma on child development.

Understanding and Helping Adopted and Foster Children with Emotional Problems (VHS)

Author: Michael Katz

Publish Date: 1990

Length: 4 hours

Many adopted and foster children have behavior problems that do not respond to traditional parenting. This video explains how underlying emotional problems involving attachment, , identity, values, developmental delays, and anger produced by painful experiences sometimes not consciously remembered, can be the major causes. A variety of methods for reducing these behaviors are demonstrated.

Whole Life Adoption Book, The

Author: Jayne Schooler

Publish Date: 1993

Length: 210 pages

This book offers encouragement and practical information to help you respond to your adopted child's unique struggles and your own feelings of inadequacy or frustration. It addresses such issues as attachment, adjustment and identity and provides "ten essential success factors for healthy adoptive families."

Autism/Asperger's

1001 Great Ideas for Teaching and Raising Children with Autism Spectrum Disorders

Author: Ellen & Veronica Notbohm & Zysk

Publish Date: 2004

Length: 207 pages

The 7 chapters in this book offer strategies and considerations regarding sensory integration, communication and language, behavior, daily living skills, social skills, teaching and education, and Special Education law. Not a book on theory, it offers page after page of practical, Martha Stewart style ideas that you or others working with your child can apply.

Activity Schedules for Children with Autism: Teaching Independent Behavior

Author: Lynn E. McClannahan

Publish Date: 1999

Length: 106 pages

An activity schedule is a set of pictures or words that cues a child (or adolescent or adult) to engage in a sequence of activities. This book shows parents and professionals how to assess a child's readiness to use activity schedules; how to prepare activity schedules; how to use the schedules and monitor progress; etc.

Asperger Syndrome: Living Outside the Bell Curve (DVD)

Author: DVD

Publish Date: 2008

Length: 18 minutes

This DVD looks at Asperger students in general and focuses on 12-year-old Andrew. Dr. Tina Iyama, M.D., U of Wisconsin Children's Hospital, explains causes, symptoms, and strategies for coping with Asperger Syndrome. Andrew shows that with appropriate supports it's possible to flourish outside the accepted social and educational bell curve.

Asperger's and Girls

Author: Tony and others Attwood

Publish Date: 2006

Length: 150 pages

After Dr. Attwood's 4 and a half pages on Aspergers and girls, are essays from five women who are experts in the field and from three successful adult women diagnosed with Aspergers including Temple Grandin, Ph. D. They cover topics such as diagnoses, education, puberty, relationships, and careers; experts in the field share practical advice for both caregivers and the women and girls who are affected by Asperger's.

Washington State Resource Family Lending Library Catalogue

Autism/Asperger's

Asperger's Syndrome: A Guide for Parents and Professionals

Author: Tony Attwood

Publish Date: 1998

Length: 185 pages

This book for individuals with Asperger's or high functioning autism and the people who work with them is divided into eight chapters, "Diagnosis," "Social Behaviour," "Language," "Interests and Routine," "Motor Clumsiness," "Cognition," "Sensory Sensitivity," and "Frequently Asked Questions." Chapters 2 through 7 each conclude with a "Brief Summary of Strategies." To work with people who have Asperger's, professionals and family members must understand their point of view. Attwood makes the essential imaginative leap into the Asperger's world and takes his readers there.

Just This Side Of Normal: Glimpses Into Life with Autism

Author: Elizabeth King Gerlach

Publish Date: 1999

Length: 139 pages

In this collection of vignettes about raising a child with autism, Gerlach is able to convey the confusions, distress and yearnings of a parent who is deeply worried about her son, but she also shows moments of joy at watching this engagingly "different" child grow and learn.

Oasis Guide to Asperger Syndrome, The: Advice, Support, Insight, and Inspiration

Author: Kirby, Barbara L. Bashe, Patricia Romanowski

Publish Date: 2001

Length: 435 pages

Part One describes what Asperger Syndrome is, what it looks like, and how it is diagnosed. Part Two, "Taking Control," discusses how to relate to having a child with AS, building the foundation for success, options and interventions, medication, and Special Education basics. Part Three, "The Whole Child," explores your child's emotional, social and school life and challenges of growing up.

Pervasive Developmental Disorders: Finding a Diagnosis and Getting Help

Author: Mitzi Waltz

Publish Date: 1999

Length: 400 pages

Designed for parents, adults diagnosed with PDD, and professionals, this book shows how medications, therapies, and educational techniques can address symptoms and improve the lives of people with PDD. In some cases the results can be spectacular. Waltz includes a range of stories from parents who are raising children with PDD to cover such topics as: getting a diagnosis; treatment options; and coping with diagnosis and treatment.

Thinking in Pictures and Other Reports from My Life with Autism

Author: Temple Grandin

Publish Date: 1995

Length: 206 pages

In this unprecedented book, Grandin delivers a report from the country of autism. Writing from the dual perspectives of scientist and autistic person, she tells how that country is experienced by its inhabitants and how she managed to breach its boundaries to function in the outside world. What emerges is the document of an extraordinary human being, one who in gracefully and lucidly bridging the gulf between her condition and our own, sheds light on the riddle of our common identity.

Bipolar

Bipolar Child, The

Author: Demitri Papolos

Publish Date: 1999

Length: 369 pages

This book balances scientific and clinical knowledge with moving personal accounts of experiences of real families. It is a well-organized, practical and authoritative book that will answer parents' tremendous number of questions and help them find hope.

Washington State Resource Family Lending Library Catalogue

Bipolar

New Hope for Children and Teens with Bipolar Disorder

Author: Boris Birmaher

Publish Date: 2004

Length: 290 pages

This guidebook for parents addresses such areas as assessment, causes, biological treatments, psychological treatments, coexisting psychological disorders, recognizing and responding to suicidal behavior, managing your child's behavior problems, solving your child's academic problems, and handling health insurance.

Raising a Moody Child: How to Cope with Depression and Bipolar Disorder

Author: Mary and Jill Arnold Fristad

Publish Date: 2003

Length: 246 pages

Bipolar illness and depression can derail a child's normal development at any age. With sage advice to parents (and kids) that "it's not your fault, but it's your challenge," the authors provide a roadmap and a toolkit of strategies for families facing these complicated, heritable, and treatable medical disorders.

Child Development

Adopted Adolescent, The

Author: Lois Melina

Publish Date: 1993

Length:

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, "Making Sense of Adoption," which covers pre-school, the middle years, and adolescence, this tape deals with the adolescent years.

Two other tapes, "Answering Your Child's Questions About Adoption" and "The Adopted Child in Middle Childhood", offer more details on discussing adoption with children pre-school and ages 7-11 respectively.

Adopted Child in Middle Childhood, The

Author: Lois Melina

Publish Date: 1990

Length:

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, "Making Sense of Adoption", which covers pre-school, the middle years, and adolescence, this tape deals with the 7-11 years.

Two other tapes, "Answering Your Child's Questions About Adoption" and "The Adopted Adolescent", offer more details on discussing adoption with children pre-school and 12-18 respectively.

Adopting the Older Child

Author: Claudia Jewett

Publish Date: 1978

Length: 289 pages

This book describes a child's transition from the honeymoon period through the testing phase and on to the full integration into a family, giving practical, caring advice on how to handle each situation.

Answering Your Child's Questions About Adoption

Author: Lois Melina

Publish Date: 1990

Length:

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, Making Sense of Adoption, which covers pre-school, the middle years, and adolescence, this tape deals with the pre-school years.

Two other tapes, The Adopted Child in Middle Childhood and The Adopted Adolescent, offer more details on discussing adoption with children ages 7-11 and 12-18.

Washington State Resource Family Lending Library Catalogue

Child Development

Before She Gets Her Period: Talking with Your Daughter about Menstruation

Author: Jessica B. Gillooly

Publish Date: 1998

Length: 158 pages

This book is designed to help parents talk with their children about all aspects of menstruation. It includes exercises and activities to get parents talking with their daughters, as well as tips on exactly what to say. In addition, the book provides insightful real life stories written by girls and women.

Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens from Middle School to High School and Beyond

Author: Debra W. Haffner

Publish Date: 2001

Length: 222 pages

In this book, the author confronts issues such as peer pressure, dating and parties, alcohol and drugs, sexual harassment, abstinence, and much more. The book is broken down to provide specific information particular to each age group from middle school to high school and beyond. It is packed with helpful exercises and an extensive appendix of additional resources. In addition, a supportive foreword is written by the author's own teenage daughter.

Challenging Child, The

Author: Stanley Greenspan

Publish Date: 1995

Length: 309 pages

Identifying five "difficult" child personality types - sensitive, withdrawn, defiant, inattentive, and active/aggressive - this guidebook explains development from the child's perspective and offers strategies on how to make such differences positive.

Child With Special Needs, The

Author: Stanley Greenspan

Publish Date: 1998

Length: 479 pages

This comprehensive approach to developmental challenges including autism, PDD, language and speech problems, Down syndrome, cerebral palsy, ADD, and other related disorders helps parents and professionals "get beyond the label" and understand each child's unique profile.

First Feelings: Milestones in the Development of Your Baby and Child

Author: Stanley Greenspan

Publish Date: 1985

Length: 228 pages

This book shows parents how to recognize the key stages of a child's emotional growth while guiding and enhancing early psychological development. It covers such topics as encouraging curiosity and independence; handling temper tantrums, aggressiveness and sibling rivalry; stimulating (and over-stimulating) your baby; evaluating and dealing with your own emotional responses; and developing a positive and constructive parenting style.

Good Friends Are Hard to Find: Help your child find, make and keep friends

Author: Fred Frankel

Publish Date: 1996

Length: 235 pages

Step-by-step, parents learn to help their 5 to 12-year-olds make friends and solve problems with other kids. This guide also offers concrete help for teasing, bullying and meanness, both for the child who is picked on and for the tormentor. Based on the UCLA Children's Social Skills Program, this book teaches clinically tested techniques that really work.

Learning the Dance of Attachment: An Adoptive Parent's Guide to Fostering Healthy Development

Author: Holly, Charlotte van Gulden, Vick

Publish Date: 2005

Length: 100 pages

This book, from the author of Real Parents Real Children, is a handbook style guide to raising adopted children, offering chapters devoted to specific developmental stages – though your child is nine, if she behaves more like a four-year-old, then that might be the developmental stage she is in. It is full of charts, lists, anecdotes, and guidelines that make it an easy tool for parents to use and refer back to.

Washington State Resource Family Lending Library Catalogue

Child Development

Mozart Effect for Children, The: Awakening Your Child's Mind, Health, and Creativity with Music

Author: Don Campbell

Publish Date: 2000

Length: 263 pages

This book offers essential guidance that will enable parents and educators to better understand music as an aid to growth, development, mental and physical health, and creative awakening in our most precious human resource.

My Body, My Self for Boys* (see comment about Children's Materials on Index page)

Author: Lynda Madaras

Publish Date: 2000

Length: 92 pages

Aimed at 8 to 15 year old boys, this book explores the changing body through quizzes, exercises, checklists, illustrations, and lots of personal stories from boys (and their fathers) about their growing-up concerns and experiences. It covers such topics as body image, height, weight, growing size and shape, hair, voice changes, perspiration, pimples, reproductive organs, and the emotional problems of puberty, diet, and health.

My Body, My Self for Girls* (see comment about Children's Materials on Index page)

Author: Lynda Madaras

Publish Date: 2000

Length: 117 pages

This book is designed to help 8 to 15 year old girls learn more about the changes that take place in their bodies during puberty. It's packed with quizzes, exercises, checklists, suggestions for diary-keeping, illustrations, and personal stories from girls (and their mothers) about their growing-up concerns, experiences, and feelings. It covers everything affected by the onset of puberty, from body image, height, weight, pimples, and cramps to first periods, first bras, and first impressions.

Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive

Author: Daniel and Mary Hartzell Siegel

Publish Date: 2003

Length: 250 pages

This book provides insights into how we remember, perceive reality, feel, communicate, attach to others, and make sense of our lives. The authors lay a scientific groundwork, but the book is written on a more "human" level. It is not adoption or pathology focused but more development focused.

Pervasive Developmental Disorders: Finding a Diagnosis and Getting Help

Author: Mitzi Waltz

Publish Date: 1999

Length: 400 pages

Designed for parents, adults diagnosed with PDD, and professionals, this book shows how medications, therapies, and educational techniques can address symptoms and improve the lives of people with PDD. In some cases the results can be spectacular. Waltz includes a range of stories from parents who are raising children with PDD to cover such topics as: getting a diagnosis; treatment options; and coping with diagnosis and treatment.

Preparing Youth for Adult Life (VHS)

Author: Ed-Net Series

Publish Date: 1996

Length: 2 hours

A panel consisting of a therapist, an agency director, and an adoptive/foster parent discuss developmental issues for youth ages 11-30, with a focus on the additional developmental tasks adopted and foster youth face. The video will challenge adoptive parents to re-evaluate their views on defining family, honoring birth family connection, educating the community, understanding the tasks and steps that assist youth in moving into adulthood, and the wisdom of independent living at a particular age. This video is intended for parents of adolescents and young adults.

Raising a Child Responsibly in a Sexually Permissive World

Author: Judith Gordon, MSW Sol Gordon, Ph.D.

Publish Date: 2000

Length: 233 pages

This book teaches parents how to give their children the guidance they need to develop healthy, positive attitudes about sex, and to counter media and peer pressures. It will help you to discuss this sensitive topic in an open, informed way and to take responsibility for being your child's primary sex educator.

Washington State Resource Family Lending Library Catalogue

Child Development

Raising Adopted Children

Author: Lois Melina

Publish Date: 1998

Length: 370 pages

This 1998 update of the classic handbook on issues faced by adoptive families examines the child's physical, emotional and psychological development at every age. It also has chapters on special topics such as the multiracial family, serious behavior problems and single parent adoption.

Raising Cain: Protecting the Emotional Life of Boys

Author: Dan Kindlon

Publish Date: 1999

Length: 258 pages

Kindlon and Thompson make a compelling case that "emotional literacy" is the most valuable gift we can offer our sons, urging parents to recognize the price boys must pay when we hold them to an impossible standard of manhood. They illuminate the forces that threaten our boys, teaching them that "cool" equals macho strength and stoicism. Cutting through outdated theories of "mother blame," "boy blame," and "testosterone," the authors shed light on the destructive emotional training our boys often receive.

Raising Resilient Rascals 2008: Disk 1 (DVD)

Author: DVD

Publish Date: 2008

Length: 3 hours

This disk includes the following presentations from the 2008 conference: "The Nature and Nurture of the Brain" with Julian Davies; "The Dichotomy of Foster Care Adoption" with Paulette Caswell; and "Raising Resilient Rascals in a Raging Rambunctious World" – on sensory processing – with Stephen T. Glass.

Raising Resilient Rascals 2008: Disk 2 (DVD)

Author: DVD

Publish Date: 2008

Length: 3.5 hours

This disk includes the following presentations from the 2008 conference: "What Can Orphans Tell Us about the Family's Role in Promoting Child Well-Being? The Bucharest Early Intervention Study;" with Dana Johnson; "Why Does My Child Go Ballistic?" with Gwen Lewis; and a Question/Answer Panel with Presenters.

Self-Esteem: A Family Affair

Author: Jean Clarke

Publish Date: 1978

Length: 262 pages

This book offers a series of blueprints for building self-esteem as a foundation for a successful life at home in the everyday interactions between parents and children, and in the big decisions about child care and lifestyle.

Sexually Reactive and Aggressive Children (VHS)

Author: Ed-Net Series

Publish Date: 1996

Length: 2 hours

EXPLICIT LANGUAGE: This panel presentation includes foster parents and two professionals. A continuum of behaviors is described for children from birth to age 12. In the first half, professionals, highlight the components of a good assessment (locating behavior along the continuum?) and types of treatment. In the second half, foster parents detail practical tips for living with children who act out sexually. The importance of supervision; establishing trust, boundaries, confidentiality and safety; open communication; and sex education are emphasized.

Siblings Without Rivalry

Author: Adele Faber

Publish Date: 1998

Length: 240 pages

This book, not related to adoption, challenges the notion that constant, unpleasant conflict among siblings is natural and unavoidable. It uses action-oriented, accessible anecdotes and stories to show parents many ways to teach children to get along. The highly informative text is punctuated with helpful summary/reminder boxes and cartoons illustrating key points.

Washington State Resource Family Lending Library Catalogue

Child Development

Smart Love

Author: Martha Pieper

Publish Date: 1999

Length: 234 pages

This book of practical tips, psychological insights and wise child-rearing will provide insights into why babies to adolescents do what they do and how you can steer a peaceful course through the daily challenges of parenting.

The First Years Last Forever (DVD)

Author: DVD

Publish Date: 2005

Length: 30 min

TBA

Toddler Adoption: The Weaver's Craft

Author: Mary Hopkins-Best

Publish Date: 1997

Length: 247 pages

Most often, children are joining their permanent, adoptive families past the age of infancy but not yet as "older children." This book covers many aspects of adopting and parenting these young children: the decision whether or not to adopt; preparation and education; forming attachments; behavior management; and more. Until now, few written resources have been available to discuss this special age -- the toddler.

Trauma and Memory (2-VHS)

Author: Bessel Van der Kolk

Publish Date:

Length: 42 and 40
minutes

Two Tapes: Bessel van der Kolk and other leading clinicians examine how dissociation functions as a defense against overwhelming stress, and how traumatic memories may reemerge in adulthood. "The Dissociative Defense" describes how the brain processes and stores information, the differences between normal and traumatic memories, developmental aspects of traumatic memories, and forensic issues. "The Intrusive Past" explores ways traumatic memories can surface years after the event, how dissociated trauma can influence attitudes and behavior, and the significance of body memories and flashbacks.

Understanding Behaviors of Alcohol/Drug Affected & Neurologically Impaired Children

Author: Diane Malbin

Publish Date: June 3, 2000

Length: 5 hours

From ORPARC with Diane Malbin: Malbin explains why traditional parenting and teaching techniques often fail with children affected by prenatal exposure to drugs or alcohol. She shows parents how to understand and work differently with the behavioral symptoms often exhibited by these children and what strategies and techniques do work and why. Also explored are primary and secondary behaviors and diagnoses that can overlap FAS/E, such as ADHD, Reactive Attachment Disorder, learning disabilities, and Oppositional Defiant Disorder.

Understanding Children's Sexual Behaviors: What's Natural and Healthy

Author: Toni Johnson

Publish Date: 1998

Length: 20 pages

This 20-page booklet provides a definition of natural and healthy childhood sexual behaviors and contrasts this with 20 characteristics of children's sexual behaviors which might alert adults that an assessment of the child by a qualified professional is indicated.

Understanding Temperament

Author: Lyndall Shick

Publish Date: 1998

Length: 119 pages

This book is intended to help parents understand their child's unique, inborn temperament so they can solve problems by improving the "fit" between their child and the environment (people, situations, surroundings).

Washington State Resource Family Lending Library Catalogue

Child Development

Understanding Your Child's Sexual Behavior: What's Natural and Healthy

Author: Toni Cavanagh Johnson

Publish Date: 1999

Length: 186 pages

This readable, easily understood book for parents and caregivers explains children's developing sexuality -- when their behaviors are normal and when to be concerned. It focuses on children from birth to approximately 12 years, providing valid strategies to both understand the behavior and respond to it.

What's Happening to Me?* (see comment about Children's Materials on Index page)

Author: Peter Mayle

Publish Date: 1994

Length: 50 pages

This anatomically explicit illustrated guide to puberty contains the answers to "some of the world's most embarrassing questions." Aimed at preteen boys and girls, it explores such topics as sex, masturbation, growth, and body image.

What's Happening to My Body? Book for Boys, The* (see comment about Children's Materials on Index page)

Author: Lynda Madaras

Publish Date: 2000

Length: 231 pages

This comprehensive puberty education and health book targets 8 to 15 year old boys. It offers down-to-earth information on the body's changing size and shape, the growth spurt, reproductive organs, voice changes, body hair, puberty, and much more. This best-selling classic includes an introduction for parents.

What's Happening to My Body? Book for Girls, The* (see comment about Children's Materials on Index page)

Author: Lynda Madaras

Publish Date: 2000

Length: 255 pages

This easy to read health book aimed at 8 to 15 year old girls provides factual information on all aspects of girls' transformation into womanhood. The introduction is for the parent, the book for the young girl. It addresses the body's changing size and shape, breasts, the reproductive organs, the menstrual cycle, body hair, and much more.

When Listening Comes Alive

Author: Paul Madaule

Publish Date: 1994

Length: 204 pages

This is a book about listening at all stages of life -- for parents-to-be, hard-working professionals, teachers, early childhood educators and parents seeking help for learning disabled children or difficult teenagers. It describes the "Tomatis Listening Method," a series of techniques designed to develop and improve listening skills throughout life.

Without Spanking or Spoiling: A Practical Approach to Toddler and Preschool Guidance

Author: Elizabeth Crary

Publish Date: 1979

Length: 98 pages

For every parent who has ever felt frustrated, bewildered, or discouraged, this workbook's rich use of vignettes and exercises will enhance your awareness of how kids think and feel. Crary's eclectic approach to guidance and discipline allows parents to choose tools that fit best with their child's temperament and their family's values.

Your Body Belongs to You* (see comment about Children's Materials on Index page)

Author: Cornelia Spelman

Publish Date: 1997

Length: 18 pages

This children's picture book teaches very young children about their bodies and about how to distinguish between "good touch" and "bad touch." It teaches children that their bodies belong to them and them alone, and that it is ok to say "no" to someone, even an adult, if touch makes them feel uncomfortable. It also encourages positive touch such as cuddling and hugging between parents, children, and friends, in a safe environment.

Washington State Resource Family Lending Library Catalogue

Child Development

Your Child: Special Edition Newsweek 2000

Author:

Publish Date: Fall/Winter
2000

Length:

This "Special 2000 Edition," devoted to raising children from birth to age three, is divided into five sections, First Steps, Learning, Health, Emotions, and The World. It emphasizes advances in science and understanding and the new challenges parents face in today's changing world.

Your Child's Growing Mind: Brain Development and Learning from Birth to Adolescence

Author: Jane M Healy

Publish Date: 2004

Length: 374 pages

This book looks at the roots of emotion, intelligence, and creativity, translating scientific research into practical suggestions for parents and teachers. Dr. Healy also addresses academic learning offering suggestions for how parents can help without pushing. She also examines learning disabilities, ADHD, and hazards of forced early learning.

Child Welfare

Adoption Mystique, The

Author: Joanne Wolf Small

Publish Date: 2007

Length: 181 pages

Much of what's been written and said about adoption—the definitions, myths, interpretations, and so on—was generated by non-adopted persons, and often without benefit of adopted person's input. This book was written by an adopted person who hopes to paint a picture of the social welfare system that contrasts with the traditional view and sheds a new light on the situation.

Practical Guide to Adoption Subsidy for Adoptive Families and Advocates, A

Author: Tim O'Hanlon

Publish Date: 2004

Length: 132 pages

This booklet includes chapters on federal adoption assistance programs, state adoption subsidy programs, negotiating an adoption assistance agreement, retroactive adoption assistance payments, etc. It discusses legal considerations in a readable format.

Children's Materials

Adopted and Wondering: Drawing Out Feelings* (see comment about Children's Materials on Index page)

Author: Marge Eaton Heegaard

Publish Date: 2007

Length: 31 pages

This book, designed for adopted children 6-12 brings up issues faced by such children and leaves spaces for them to draw pictures in response to the issues brought up. It should be read by parents before it is given to their children.

Adoption Stories for Young Children* (see comment about Children's Materials on Index page)

Author: Randall B. Hicks

Publish Date: 1995

Length: 43 pages

This book is told from the perspective of a five year old boy who introduces us to his many friends and neighbors. They come from different walks of life, but they have one thing in common – their families were all created through adoption. It explores common issues of interest to young children about adoption.

Washington State Resource Family Lending Library Catalogue

Children's Materials

All About Adoption: How Families Are Made & How Kids Feel About It* (see comment about Children's Materials on Index page)

Author: Marc Nemiroff

Publish Date: 2004

Length: 43 pages

For children ages 4 to 12 adopted from any country, this book explores the what, how, and why of adoption, as well as many of the feelings kids experience as they grow up. And for parents, an extensive afterword discusses the unique practical and emotional dimensions of adopted children and their families, with suggestions for answering the most challenging questions.

All Kinds of Families* (see comment about Children's Materials on Index page)

Author: Norma Simon

Publish Date: 1976

Length: 34 pages

This illustrated (by Joe Lasker) children's book describes and shows different kinds of families and normalizes the many ways in which they are not all the same. The word adoption comes up only twice, but the message that it is not necessary to be like everyone else is amply communicated.

All Kinds of Minds: A Young Student's Book About Learning Abilities and Disorders* (see comment about Children's Materials on Index page)

Author: Mel Levine

Publish Date: 1993

Length: 281 pages

The first chapter introduces us to five young people with different "kinds of minds" (Attention Deficit, Reading Disorder, Memory Problems, Language Disorder, Social and Motor Skills Problems). The next five chapters each highlight, anecdotally, one of those kids, showing how his or her mind works. The final chapter provides practical information and techniques for children and the adults who work with them, in each of the categories mentioned.

Am I Weird or Is This Normal? Advice and Info to Get Teens in the Know* (see comment about Children's Materials on Index page)

Author: Marlin S. Potash, Ed.D.

Publish Date: 2001

Length: 261 pages

Written by a mother-daughter team, this book offers practical, down-to-earth advice on issues teenage girls are dealing with today. It is written in question-and-answer form, and includes many quizzes, games, and helpful hints. In addition, the book is packed with current facts on alcohol and drugs, eating disorders, sex and relationships, after school jobs, college, and much more.

Asking About Sex and Growing Up: A Question and Answer Book for Boys and Girls* (see comment about Children's Materials on Index page)

Author: Joanna Cole

Publish Date: 1988

Length: 86 pages

This illustrated book is targeted at preteen boys and girls. Written in an easy to understand question-and-answer format, it addresses all aspects of sexuality from growth and development to sex and relationships. The aim of this book is to give children a healthy and accurate view of sexuality.

At Home in this World ... A China Adoption Story* (see comment about Children's Materials on Index page)

Author: Jean MacLeod

Publish Date: 2003

Length: 15 pages

This book is a reflection of a pre-adolescent girl on what she knows of her adoption from China, and the strength she gains from her acceptance and experience. It addresses the underlying feelings and emotions that a China adoptee experiences and enables pre-teen readers to put their early lives into perspective, while emphasizing the supportive love that encircles them within their own families.

Washington State Resource Family Lending Library Catalogue

Children's Materials

Beginnings: How Families Come to Be* (see comment about Children's Materials on Index page)

Author: Virginia Kroll

Publish Date: 1994

Length: 29 pages

This Children's book, with warmly glowing illustrations by Stacey Schuett and upbeat, realistic dialogue by Virginia Kroll, exudes familial affection in sketches of six differently composed families.

Benjamin Bear Gets a New Family* (see comment about Children's Materials on Index page)

Author: Deborah Joy

Publish Date: 1988

Length: 40 pages

This children's book deals in story-book form with the feelings many children experience resulting from their birth parents' inability to provide for them, as well as feelings related to their subsequent adoption. Opportunities and guidelines for discussion are provided.

Best Single Mom in the World, The: How I Was Adopted* (see comment about Children's Materials on Index page)

Author: Mary Zisk

Publish Date: 2001

Length: 29 pages

This illustrated book for very young children has an adopted child telling of how her mom tells her the story of the child's adoption from "far away across the ocean and over the mountains."

Big Box, The* (see comment about Children's Materials on Index page)

Author: Toni Morrison

Publish Date: 1999

Length: 10 pages

This colorfully illustrated children's book tells, in rhyme, the story of three active children who "can't handle their freedom," and of the attempts of the teachers and neighbors "who loved them" to deal with their behavior.

Celebration of Family (CD)

Author: CD

Publish Date: 2001

Length: 45 minutes

With a diverse assortment of artists and musical styles, this CD speaks to the beauty of family and the special relation of parents to their children. Artists include John Lennon, Yoko Ono, Faith Hill, Sweet Honey in the Rock, Brenda Lee, Boyz II Men, Raffi, Victoria Jackson, and several more. Among the songs is "Happy Adoption Day" by John McCutcheon. Also available on Cassette.

Coffee Can Kid, The* (see comment about Children's Materials on Index page)

Author: Jan M. Czech

Publish Date: 2002

Length: 24 pages

This is a story about a story. Six-year old Annie asks her adoptive father to tell her again about her Korean birthmother and how she came to be adopted. While Annie listens to her father, the coffee can becomes, in her hands, alternately a drum, a shaker and a chest containing a dear treasure.

Cuando Sofía se enoja, se enoja de veras...* (solamente se puede recibir crédito para los Materiales para adultos, no para niños)

Author: Molly Bang

Publish Date: 1999

Length: 34 pages

Sofía, una niña que suele erupcionar como un volcán tal como cuando su hermana quiere jugar con su gorila de peluche, sale de la casa con furia después de varios incidentes similares. Ella va de paseo y sube un árbol para mirar al mundo, lo cual le tranquiliza a la niña. Este libro, adecuado para niños de 2 a 7 años de edad, no ofrece respuestas sino demuestra una familia que trata a su niña con respeto y tal vez sea una ayuda a un niño como Sofía para que se evalúe a sí mismo mejor.

[Sophie, subject to sudden volcanic melt downs, such as when her sister wants to play with her stuffed gorilla, storms out the door after a series of such incidents. She goes for a walk and climbs a tree and looks out at the world, which calms her. This book for children ages 2-7, offers no solutions, but it shows a family who treats her with respect and it might help a child like Sophie to better look at herself.]

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Children's Materials

Day We Met You, The* (see comment about Children's Materials on Index page)

Author: Phoebe Koehler

Publish Date: 1990

Length: 34 pages

This warmly illustrated book to be read to very young children tells a generic story of a mother and father's preparations for bringing an infant home to be adopted.

Eagle Eyes: A Child's Guide to Paying Attention* (see comment about Children's Materials on Index page)

Author: Jeanne Gehret

Publish Date: 1991

Length: 26 pages

This storybook with pictures tells of the frustrations and triumphs of Ben, a child with ADHD.

Emma's Yucky Brother* (see comment about Children's Materials on Index page)

Author: Jean Little

Publish Date: 2001

Length: 61 pages

Pictures by Jennifer Plecas. This booklet tells the story of Emma, who initially has a harder time getting used to the four year old younger brother her family has adopted than she had anticipated. Problems escalate, but the story ends with a satisfactory resolution for the two children. -- ages 4-8

Fall of Freddie the Leaf, The* (see comment about Children's Materials on Index page)

Author: Leo Buscaglia

Publish Date: 1982

Length: 27 pages

This book, illustrated with color photographs, tells the story of Freddie, a leaf on a tree, and his companions, who change with the passing seasons and the coming of winter. It is intended to help children or anyone come to grips with death and life.

Families Are Different* (see comment about Children's Materials on Index page)

Author: Nina Pellegrini

Publish Date: 1991

Length: 26 pages

Nico doesn't like looking different than her parents, who adopted her from Korea, until her mother points out that that there are "different kinds of families . . .glued together" by love. Soon Nico starts to notice the differences in the families she sees. Now she doesn't feel so bad. She's just like everyone else – she's different!

Family Book, The* (see comment about Children's Materials on Index page)

Author: Todd Parr

Publish Date: 2003

Length: 30 pages

This colorful picture book for very young children illustrates that there are many different kinds of families and that every family is special.

Feelings* (see comment about Children's Materials on Index page)

Author: Alik

Publish Date: 1984

Length: 34 pages

This picture-book for young children presents numerous one to two page scenarios that involve feelings. The pictures and the scenes they depict are compelling, and there is more content here than you might expect in 34 pages.

Finding the Right Spot* (see comment about Children's Materials on Index page)

Author: Janice Levy

Publish Date: 2004

Length: 42 pages

When kids can't live with their parents, their feelings are complicated, confusing, and often chaotic. This beautifully illustrated story, for all such kids, regardless of the circumstances, offers children a chance to think about their feelings and understand them better. It also provides caregivers help in understanding the child's experience and a two-page "Note to Caregivers" by professionals for help in facilitating conversation.

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Children's Materials

Forever Fingerprints* (see comment about Children's Materials on Index page)

Author: Sherrie Eldridge

Publish Date: 2007

Length: 30 pages

In the first children's book by the author of *Twenty Things Adopted Kids Wish Their Adoptive Parents Knew*, young, imaginative Lucie is excited to feel a baby moving in her Aunt Grace's tummy but it makes her understand her adoption story in a different way. She thinks about her birth parents and wonders why they didn't keep her. This gives Lucie's parents the chance to reinforce their love for her, to empathize with her feelings and to honor her past. The book, for ages 4-8, includes two pages of "Parent Tools and Activities."

Foster Care and Adoption: A Pathway to Understanding* (see comment about Children's Materials on Index page)

Author: Heather Wilson

Publish Date: 2006

Length: 64 pp

The book is a unique interactive, illustrative and educational book created to help children de-mystify the process and their feelings as they move into foster care and adoption. It is an engaging tool to help children understand the people and steps involved in their transition to permanency. Ideally, the book is used by a clinician or caseworker in therapy with a child.

Giant King, The* (see comment about Children's Materials on Index page)

Author: Kathleen T. Pelley

Publish Date: 2003

Length: 30 pages

In this children's book, illustrated by Maurie J. Manning, young Rabbie makes beautiful wood sculptures. He works from his heart, carving "not what is, but what could be." When he goes to sell his carvings in a far-off town, he finds the townspeople besieged by a fierce and destructive giant. The people despair, but Rabbie suggests that if the giant were treated like a king, he might behave like one.

Goose* (see comment about Children's Materials on Index page)

Author: Molly Bang

Publish Date: 1996

Length: 34 pages

This story for preschoolers through about grade 3 tells of a gosling raised by a family of woodchucks. But despite the best efforts of her family and friends, the goose feels different and sad. So she goes off into the world to learn what she can about herself, where she learns she can fly. She flies back home to her family, surprising everyone, even herself.

Growing Up Adopted

Author: Maxine Rosenberg

Publish Date: 1989

Length: 107 pages

This striking collection of fourteen brief case studies, told in first person, is based on lengthy interviews with eight children and six adults, all of whom were adopted as children. The text is consciousness-raising, low-key, and highly readable. *Growing Up Adopted* is an illuminating resource for children and adults alike.

Hands Are Not for Hitting* (see comment about Children's Materials on Index page)

Author: Martine Agassi

Publish Date: 2000

Length: 35 pages

In this book, children learn and practice fun and constructive things hands can do, such as playing sharing clapping, saying hello, etc. and many of the ways to handle strong feelings without hitting. Made to be read aloud, this book also includes a special section for adults that offers ideas to talk about and activities to do together.

Happy Adoption Day* (see comment about Children's Materials on Index page)

Author: John and Julie McCutcheon and Paschiks

Publish Date: 1996

Length: 24 pages

This illustrated book for young children is written in verse and presents images of a happy family who has adopted internationally. It is based on a song by John McCutcheon which can be found, among other songs, on the audiotape "Celebration of Family," which is also available in our library.

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Children's Materials

Heart Knows Something Different, The: Teenage Voices from the Foster Care System* (see comment about Children's Materials on Index page)

Author: Al Desetta

Publish Date: 1996

Length: 211 pages

Divided into four sections, "Family," "Living in the System," "Who Am I," and Looking to the Future," the more than three dozen personal narratives here were written by young people, ages 15 to 20, who have lived in the foster care system. These less often heard voices might provide insight to parents and professionals, and a sense of normalcy and community to adopted adolescents.

How I Became a Big Brother: An Adoption Story* (see comment about Children's Materials on Index page)

Author: Dave Moore

Publish Date: 2008

Length: 19 pages

This is a simple adoption story told from the standpoint of a little boy whose biological parents decide to bring another child into the home through adoption. They prepare him for welcoming his new brother, and despite some early apprehension, he enthusiastically welcomes this newcomer into his family.

How I Was Adopted* (see comment about Children's Materials on Index page)

Author: Joanna Cole

Publish Date: 1995

Length: 37 pages

Here, Samantha tells the story of how she was adopted, but it is also a story of how babies are born and how children grow, of what makes people different and what makes them the same, and it is a story about love and family.

How it Feels to be Adopted* (see comment about Children's Materials on Index page)

Author: Jill Krementz

Publish Date: 1982

Length: 105 pages

Nineteen young people present both the good and the bad sides of being adopted from an adolescent point of view--a personal and moving book to be read by children and parents.

How To Do Homework Without Throwing Up* (see comment about Children's Materials on Index page)

Author: Trevor Romain

Publish Date: 1997

Length: 67 pp

Targeted at elementary and middle school children, this book emphasizes the importance of doing your homework. Through the use of jokes and cartoons, it teaches valuable homework skills such as how to make a homework schedule, how to get help with your homework, and especially how to get excited and motivated about doing it.

I'm Brown and My Sister Isn't* (see comment about Children's Materials on Index page)

Author: Robbie O'Shea

Publish Date: 2002

Length: 16 pages

In this book for very young children, illustrated by Matthew Ambre, we are exposed to the daily similarities and differences between an adopted boy of color and his older, white adopted sister.

In Love and In Danger: A Teen's Guide to Breaking Free of Abusive Relationships* (see comment about Children's Materials on Index page)

Author: Barrie Levy

Publish Date: 1993

Length: 106 pages

This book is for teenagers who have questions about abusive dating relationships and what to do about them. Some of the information you'll find in this book includes: facts about dating violence; how you can tell if your relationship is abusive; and how to have a healthy relationship.

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Children's Materials

In My Heart* (see comment about Children's Materials on Index page)

Author: Molly Bang

Publish Date: 2006

Length: 32 pages

This warm, reassuring book with vividly colored illustrations and lettering has a mother telling her child how she thinks of that child and finds her/him in her heart in a wildly imaginative list of ways, times, places and circumstances over the course of a typical day. For children 4-8

Introduction to Independent Living in foster Care: Participants Workbook

Author: Living Resources Independent

Publish Date: 2002

Length: 47 pp

TBA

Is That Your Sister?* (see comment about Children's Materials on Index page)

Author: Catherine Bunin

Publish Date: 1992

Length: 31 pages

This illustrated children's book tells about the feelings of a child who was adopted into a multiracial family and who explains adoption as a chosen way of life that is positive, compassionate and civilized.

It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch* (see comment about Children's Materials on Index page)

Author: Lory Freeman

Publish Date: 1982

Length: 24 pages

This illustrated book for preschool children is just what its title implies. Also available in Spanish

Josh: A Boy With Dyslexia* (see comment about Children's Materials on Index page)

Author: Caroline Janover

Publish Date: 1988

Length: 99 pages

In this book, Josh struggles to live down the stigma of his learning disability, dyslexia, and receive both respect and friendship from his peers. It includes information on the characteristics of dyslexia and a list of organizations that deal with learning disabilities.

Journey Through the Healing Circle* (see comment about Children's Materials on Index page)

Author: DSHS Division of Licensed Resources Washington State

Publish Date: 2000

Length: 4 volumes

Four books, two videos, and four CD-ROMs: These materials are intended for children and young adults from birth to age 22 who live in homes impacted by fetal alcohol exposure and for their parents and caregivers. Each item can be examined by itself. The books are The Little Fox (ages birth to 5); The Little Mask (ages 6-11); Sees No Danger & Wanders Afar (ages 12-17); and Travels in Circles (ages 18-22). In each story, the challenges faced by children with FAS and alcohol related conditions are described and represented through animal characters at the respective stages of development. Through these characters we learn how drinking during pregnancy can cause FAS, how FAS is diagnosed, and the different types of health and developmental difficulties children and young adults may experience. The second section in each book provides practical information and advice for parents and caregivers. The videos, Series I and Series II, cover the same stories as the books and are told by Floyd Red Crow Westerman. Series I covers the first two books and Series II covers the second two books. The CD ROMs are the same as the videos but there is a separate one for each book title. Both videos and CD ROMs come with a discussion guide. Please order these titles separately. See the "Books for Children and Adolescents" section of this list for more detail on each of the four books.

Journey Through The Healing Circle: Video Series I (VHS)

Author: Division of Social and Health Services Washington State

Publish Date: 2000

Length:

For young people ages birth to 11: Please see series description, "Journey Through the Healing Circle." This video portrays the stories told in the first two books, "The Little Fox" and "The Little Mask" (see individually under those titles). It comes with a Discussion Guide and Video Overview.

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Children's Materials

Journey Through The Healing Circle: Video Series II (VHS)

Author: Division of Social and Health Services Washington State Publish Date: 2000

Length:

For young people ages 12-22: Please see series description, "Journey Through the Healing Circle." This video portrays the stories told in the second two books, "Sees No Danger & Wanders Afar" and "Travels in Circles" (see individually under those titles above). It comes with a Discussion Guide and Video Overview.

Keeping A Head in School: A Young Student's Book About Learning Abilities and Disorders* (see comment about Children's Materials on Index page)

Author: Mel Levine

Publish Date: 1990

Length: 279 pages

This student's book about learning abilities and learning disorders, written for adolescents and pre-adolescents, should appeal also to older and younger students. It attempts to empower students with learning disorders to advocate for themselves, to see themselves as resilient beings, to use adults effectively as resources, to deploy their strengths, and to preserve and cherish their own individuality.

Kissing Hand, The* (see comment about Children's Materials on Index page)

Author: Audrey Penn

Publish Date: 1993

Length: 27 pages

This warmly illustrated book for children, 4-8, tells of Chester Raccoon, who doesn't want to go to school because it will take him away from his mother and his familiar world. His mother assures him that "we all have to do things we don't want to do," and offers a unique way for him to feel her love when she is away from him. It is not an adoption story, but it might be helpful to any child who is temporarily separated from home or loved ones.

Koala for Katie, A* (see comment about Children's Materials on Index page)

Author: Jonathan London

Publish Date: 1993

Length: 21 pages

When Katie receives a stuffed koala, she pretends she has adopted the bear just as her parents had adopted her. This sweet picture book helps young children understand the many ways their parents love and care for them. Appropriate for ages 3-8.

Let's Talk About It: Adoption* (see comment about Children's Materials on Index page)

Author: Fred Rogers

Publish Date: 1998

Length: 26 pages

Mr. Rogers encourages open communication and acknowledges that difficult issues will arise. This provides a solid base for children learning about their backgrounds. As one might expect from Mr. Rogers, this is a gentle, matter-of-fact, and reassuring approach to the topic of adoption.

Little Fox, The: Fetal Alcohol Syndrome (CD-ROM)

Author: Division of Social and Health Services Washington State Publish Date: 2001

Length:

For children five years old and younger: Please see series description, "Journey Through the Healing Circle." This CD-ROM for children five years old and younger, provides a video-telling - in the style of Native American folklore - of the story of Stays in the Moment, a young fox with Fetal Alcohol Syndrome. Additional features include the text of the book and a guide for parents or others reading this book to children who have questions or concerns.

Little Fox, The: Fetal Alcohol Syndrome* (see comment about Children's Materials on Index page)

Author: Division of Social and Health Services Washington State Publish Date: 2000

Length: 42 pages

For children five years old and younger: Please see series description, "Journey Through the Healing Circle." This illustrated book for children five years old and younger, tells the story - in the style of Native American folklore - of Stays in the Moment, a young fox with Fetal Alcohol Syndrome. A second section is a guide for parents or others reading this book to children who have questions or concerns.

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Children's Materials

Little Heroes FASD* (see comment about Children's Materials on Index page)

Author: Ira Chasnoff

Publish Date: 2003

Length: 32 pages

This booklet is about children who were born to mothers who used alcohol during pregnancy. Through story and pictures, it is meant to guide parents in talking with their children. In higher functioning children with FASD, these discussions can help them better understand their behavior and the way they feel about themselves. It can help brothers and sisters of a child with FASD be more tolerant of the behaviors that drive them up the wall.

Little Mask, The: Fetal Alcohol Syndrome (CD-ROM)

Author: Division of Social and Health Services Washington State

Publish Date: 2001

Length:

For children ages 6-11: Please see series description, "Journey Through the Healing Circle." This CD-ROM for children ages 6-11, provides a video-telling - in the style of Native American folklore - of the story of Little Mask and Best Day Ever, two young raccoons with Fetal Alcohol Syndrome. Additional features include the text of the book and a guide for parents or others reading this book to children who have questions or concerns.

Little Mask, The: Fetal Alcohol Syndrome* (see comment about Children's Materials on Index page)

Author: Division of Social and Health Services Washington State

Publish Date: 2000

Length: 81 pages

For children ages 6-11: Please see series description, "Journey Through the Healing Circle." This illustrated book for children ages 6-11, tells the story - in the style of Native American folklore - of Little Mask and Best Day Ever, two young raccoons with Fetal Alcohol Syndrome. A second section is a guide for parents or others reading this book to children who have questions or concerns.

Little Rat Sets Sail* (see comment about Children's Materials on Index page)

Author: Monika Bang-Campbell

Publish Date: 2003

Length: 48 ppagesp

In this warmly illustrated (by Molly Bang) book, Little Rat has been signed up for sailing lessons but is unhappy about it because she is scared of the water. We see how, with encouragement, she learns to overcome her fear and even look forward to sailing. Ages 4-8

Long Journey Home, The* (see comment about Children's Materials on Index page)

Author: Richard Delaney

Publish Date: 1997

Length: 42 pages

This illustrated children's book tells the story of a young boy named Mayla. Separated from his mother by a raging flood, Mayla begins a perilous search to find her. This story is an adventure-with-a-message for any child who has suffered separation from loved ones. The Long Journey Home is all about love and loss, trauma and trust.

Lucy's Family Tree* (see comment about Children's Materials on Index page)

Author: Karen Halvorsen Schreck

Publish Date: 2001

Length: 39 pages

In this illustrated older child's book, Lucy's family doesn't "match" and being different bothers her. A family tree project at school brings Lucy's feelings about her adoption into the open, and she begins to explore what really makes a family. As she comes to understand that being different is part of life, Lucy finds a way to make a family tree that celebrates her past as well as her present.

Manners* (see comment about Children's Materials on Index page)

Author: Alik

Publish Date: 1990

Length: 30 pages

This colorful and imaginative picture book for young children demonstrates the behavioral do's and don'ts of a host of every-day situations. It is humorous and compelling.

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Children's Materials

Me and My Volcano* (see comment about Children's Materials on Index page)

Author: Deborah Hage

Publish Date: 1999

Length: 17 pages

This booklet for children makes an analogy between people who are angry and volcanoes. It explains that either one can let off steam in a nondestructive way or in an explosive, destructive way which hurts both the volcano (or the person) and everyone and everything nearby. It asks the child to draw pictures on almost every page to illustrate feelings behaviors and situations.

Mother for Choco, A* (see comment about Children's Materials on Index page)

Author: Keiko Kasza

Publish Date: 1992

Length: 31 pages

This illustrated book tells the story of a motherless bird who searched for a mother from Africa to the Arctic. But all the animals he encountered reminded him that he didn't look like him so they couldn't be his mother. Finally he meets Mrs. Bear who hugs and kisses him and takes him home to her adopted family. They both realize that she is the perfect mother for Choco.

Mulberry Bird, The: An Adoption Story* (see comment about Children's Materials on Index page)

Author: Ann Braff Brodzinsky

Publish Date: 1996

Length: 44 pages

Revised in 1996 from the 1986 version, and with color illustrations, this book tells the story of a mother bird whose best efforts to care for her young chick fall continually short of keeping him safe. So she goes to Owl who helps her find another family for her baby. He adapts well to the new environment, but he also deals with questions and issues related to his adoption.

My Body Is Private* (see comment about Children's Materials on Index page)

Author: Linda Walvoord Girard

Publish Date: 1984

Length: 25 pages

Pictures by Rodney Pate. This book gives us glimpses into the day-to-day life of Julie, the prepubescent girl who is the book's narrator. Readers learn that there are welcome and unwelcome forms of touching, and how to tell someone when you are not comfortable with being touched or held. The message is pretty straight-forward but it avoids being alarmist.

My Body, My Self for Boys* (see comment about Children's Materials on Index page)

Author: Lynda Madaras

Publish Date: 2000

Length: 92 pages

Aimed at 8 to 15 year old boys, this book explores the changing body through quizzes, exercises, checklists, illustrations, and lots of personal stories from boys (and their fathers) about their growing-up concerns and experiences. It covers such topics as body image, height, weight, growing size and shape, hair, voice changes, perspiration, pimples, reproductive organs, and the emotional problems of puberty, diet, and health.

My Body, My Self for Girls* (see comment about Children's Materials on Index page)

Author: Lynda Madaras

Publish Date: 2000

Length: 117 pages

This book is designed to help 8 to 15 year old girls learn more about the changes that take place in their bodies during puberty. It's packed with quizzes, exercises, checklists, suggestions for diary-keeping, illustrations, and personal stories from girls (and their mothers) about their growing-up concerns, experiences, and feelings. It covers everything affected by the onset of puberty, from body image, height, weight, pimples, and cramps to first periods, first bras, and first impressions.

No More Secrets for Me* (see comment about Children's Materials on Index page)

Author: Oralee Wachter

Publish Date: 1983

Length: 47 pages

This book, designed to help children avoid sexual abuse, presents four illustrated stories in which children encounter situations that make them feel uncomfortable. Each story offers appropriate examples of how children might respond in such difficult and confusing circumstances. This might serve as a tool for parents to teach their children how to respond in similar scenarios, or to help their children talk about events they might have encountered in their pasts.

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Not in Room 204* (see comment about Children's Materials on Index page)

Author: Shannon Riggs

Publish Date: 2007

Length: 29 pages

This beautifully illustrated (by Jaime Zollars) winner of the 2007 Oregon Book Award for children's literature focuses on the grade school classroom of Mrs. Salvador, who instills basic values such as honesty, neatness, and courteousness. The day after she talks to the class about reporting inappropriate touching, one of her students comes forward.

Nutmeg Gets Cross* (see comment about Children's Materials on Index page)

Author: Judith Foxon

Publish Date: 2002

Length: 22 pages

Ages 4-8 Nutmeg, a small red squirrel, adopted with his younger sister and brother, is having a hard day. It's his birthday and he gets a card from his birth mom, but his joy is mixed with anxiety and confusion. This story offers a practical way to identify, explore and understand painful feelings that are likely to surface following adoption - often triggered by seemingly happy events such as birthdays or contact with birth siblings, but also by problems at school such as bullying and being behind. A removable "Practice Guidelines" section offer suggestions and triggers for further discussion which can be developed to suit the needs of each child.

Ocean Within, The* (see comment about Children's Materials on Index page)

Author: V.M. Caldwell

Publish Date: 1999

Length: 275 pages

In this novel for adolescents, 11-year-old Elizabeth is the newest member of the big and boisterous Sheridan family. They try to make her feel at home, but Elizabeth stays apart. She knows from experience in foster homes that one day she'll be sent away. It's only a matter of time before a showdown between Elizabeth and the grandma she calls "Iron Woman" ensues.

Oliver: A Story About Adoption* (see comment about Children's Materials on Index page)

Author: Lois Wickstrom

Publish Date: 1991

Length: 32 pages

In this picture book for children, 4-8, Oliver, who is adopted, imagines a much better life living with his birth parents. He pictures them variously as firemen, scientists, astronauts and in other scenarios. Then his parents, who are not adopted, tell him that they used to imagine that they were adopted, dreaming about the exciting world their birthparents might be living. In the end, Oliver realizes that his life is pretty good as it is.

Otto Learns About His Medicine: A Story About Medication for Hyperactive Children* (see comment about Children's Materials on Index page)

Author: Matthew Galvin

Publish Date: 1995

Length: 26 pages

This picture book tells of a hyperactive car who learns from a special mechanic about how "car medicine" can help him control his behavior.

Our Brother Has Down Syndrome: An Introduction For Children* (see comment about Children's Materials on Index page)

Author: Shelley Cairo

Publish Date: 1985

Length: 22 pages

This short booklet with photographs introduces us to Jai, a Down Syndrome child, and his loving family.

Our Gracie Aunt* (see comment about Children's Materials on Index page)

Author: Jacqueline Woodson

Publish Date: 2002

Length: 30 pages

Intended for kids age 5-9, this book, with expressive watercolor illustrations by Jon J Muth, tells the story of Johnson and his older sister Beebee, children whose mother has left many times before, but never for this many days. A Social worker comes and takes them to stay with their Aunt Gracie whom the children hardly know.

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Children's Materials

Parents Wanted* (see comment about Children's Materials on Index page)

Author: George Harrar

Publish Date: 2001

Length: 239 pages

Narrator, Andy Fleck, a 12-year-old with Attention Deficit Disorder has learned one set of rules from his birth dad (how not to get caught) and another from the kids at the state-run home (how to manipulate adults). Placed with foster parents who are looking to adopt, he has a chance to escape his past, but he can't keep himself from challenging every limit. He plays "mailbox baseball" with his dad's bat, gets in trouble at school, and, when his birth dad shows up looking for money, steals from his foster dad's wallet. So far his foster parents have refused to give up on him. But will he go too far? Humorous and touching, this is "a killer read" for kids 10 and up.

Perfect Spring, A* (see comment about Children's Materials on Index page)

Author: Lark Carrier

Publish Date: 1990

Length: 24 pages

This illustrated story for young children tells of a seabird couple who find an egg and hatch it along with their own. The egg they find hatches into a turtle. Both young listen to the lessons taught by the parents which apply equally to life in the air and life in the sea. This book takes a look at the similarities of parenting children born to you and adopted and yet gives the freedom to both young to explore the environments that "feel" natural.

Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder* (see comment about Children's Materials on Index page)

Author: Patricia Quinn

Publish Date: 1991

Length: 64 pp

A guide for children and their parents, teachers and counselors to understanding and gaining control over attention deficit hyperactivity disorder.

Runaway Bunny, The* (see comment about Children's Materials on Index page)

Author: Margaret Brown

Publish Date: 1941

Length: 39 pages

Mother rabbit tells the little bunny that no matter where he runs and hides, she will go to the ends of the earth to seek him out "because you are my little bunny!" What a great "claiming" message to read with your adopted young person (ages 2 -8)!

Sees No Danger & Wanders Afar: Fetal Alcohol Syndrome (CD-ROM)

Author: Division of Social and Health Services Washington State

Publish Date: 2001

Length:

For young people ages 12-17: Please see series description, "Journey Through the Healing Circle." This CD-ROM for young people ages 12-17, provides a video-telling - in the style of Native American folklore - of the story of Sees No Danger and Wanders Afar, two young bears with Fetal Alcohol Syndrome. Additional features include the text of the book and a guide for parents or others reading this book to children who have questions or concerns.

Sex Book, The* (see comment about Children's Materials on Index page)

Author: Jane Pavanel

Publish Date: 2001

Length: 196 pages

This cartoon-illustrated book is a glossary/encyclopedia of terms and slang, realities and myths exposed, and questions and answers related to the sexes. It covers such topics as venereal diseases, pregnancy, arousal, birth control, body parts -- external and internal, puberty, sexual preferences, drugs, menstruation, abuse, masturbation, etc. etc. It is very thorough and up to date. It could be helpful for adolescents and parents in the fast changing world of slang, cyber sex, ecstasy type drugs and even diseases.

Shelley: The Hyperactive Turtle* (see comment about Children's Materials on Index page)

Author: Deborah Moss

Publish Date: 1989

Length: 19 pages

This short picture book for very young readers follows Shelley through his ups and downs until a doctor helps him understand why and how he is different from the other turtles.

Washington State Resource Family Lending Library Catalogue

Children's Materials

Sister for Matthew, A* (see comment about Children's Materials on Index page)

Author: Pamela and Amy Kennedy and Wummer

Publish Date: 2006

Length: 28 pages

This illustrated book tells of Mathew, a young boy whose parents decide to adopt a baby girl from China. At first Matthew doesn't know if he likes the idea. Things are fine the way they are, his friend has a little sister "and she was a pain."

Furthermore, he worries that his parents are adopting because they aren't happy with him. Eventually he comes around and likes the idea of an adopted younger sister.

Tear Soup, a Recipe for Healing (DVD)

Author: DVD

Publish Date: 2006

Length: 17 Min

TBA

Tell Me Again About the Night I Was Born* (see comment about Children's Materials on Index page)

Author: Jamie Lee Curtis

Publish Date: 1996

Length: 29 pages

In this picture book, illustrated by Laura Cornell, a young girl asks the parents who adopted her at birth to tell her about the night she was born. She shows from her continued questions that it is a cherished tale she knows by heart. On an accompanying audiotape, Jamie Lee Curtis reads the story followed by a couple of songs.

There's a Nightmare in My Closet* (see comment about Children's Materials on Index page)

Author: Mercer Mayer

Publish Date: 1968

Length: 28 pages

This smartly illustrated book for kids 4 to 8 presents one little boy's imaginary dealings with the "nightmare" in his closet.

Travels in Circles: Fetal Alcohol Syndrome (CD-ROM)

Author: Division of Social and Health Services Washington State

Publish Date: 2001

Length:

For young people ages 18-22: Please see series description, "Journey Through the Healing Circle." This CD-ROM for young people ages 18-22, provides a video-telling - in the style of Native American folklore - of the story of Travels in Circles, a young adult puffin with Fetal Alcohol Syndrome. Additional features include the text of the book and a guide for parents or others reading this book to children who have questions or concerns.

Twice Upon A Time: Born and Adopted* (see comment about Children's Materials on Index page)

Author: Eleanora Patterson

Publish Date: 1987

Length: 43 pages

Families are not all formed in the same way, but all children, even adopted ones, grew inside their birthmother before they were born. This picture book starts with a description of conception, pregnancy and birth. It then explains how a child enters a family through adoption. Twice Upon-a-Time helps adopted children to feel good about themselves and their families.

Two Birthdays for Beth* (see comment about Children's Materials on Index page)

Author: Gay Lynn Cronin

Publish Date: 1995

Length: 28 pages

This illustrated children's book tells the story of Beth, a young girl whose mother tells her the story of her adoption, which puts the mistaken notion into Beth's head that she has two birthdays.

Tye May and the Magic Brush* (see comment about Children's Materials on Index page)

Author: Molly Bang

Publish Date: 1992

Length: 55 pages

This story, adapted from the Chinese by Molly Bang, tells of a poor, young orphan girl who wakes up one morning with a magic brush that can make whatever she paints real. She uses her new power to help the poor people of the village, which enrages the greedy emperor. He attempts to take the brush and imprison her, but his plan backfires. Eventually harmony is restored to the country side. Throughout, Tye May shows courage, kindness and wisdom.

Washington State Resource Family Lending Library Catalogue

Children's Materials

W.I.S.E. Up Powerbook* (see comment about Children's Materials on Index page)

Author: Marilyn Schoettle

Publish Date: 2000

Length: 29 pages

This children's book from the Center of Adoption Support and Education, Inc. (C.A.S.E.) is intended to give your children and you the tools to cope with the sometimes discomfoting comments, both personal and general, you sometimes get from others. Learn how and when to (W)alk away, say (I)t's private, (S)hare, or (E)ducate. This booklet also comes with a 7-page (purple) Parent Guidebook to help parents use the Powerbook to teach their children these techniques.

We See the Moon* (see comment about Children's Materials on Index page)

Author: Carrie A. Kitze

Publish Date: 2003

Length: 30 pages

This book is designed to help adopted children talk and ask questions about their birthparents, using the moon as an imaginative tool to help them connect to their feelings. The book is affirming of both adoptive and birth families. Jinshan Peasant Paintings from China provide colorful illustrations.

We're Different, We're the Same* (see comment about Children's Materials on Index page)

Author: Bobbi Jane Kates

Publish Date: 1992

Length: 31 pages

This picture book, featuring cartoon depictions of Sesame Street Muppets and other characters, delivers the message that in many ways we are all different, and yet, in many ways we are all the same.

What if Someone I Know Is Gay? Answers to Questions About Gay and Lesbian People* (see comment about Children's Materials on Index page)

Author: Eric Marcus

Publish Date: 2000

Length: 138 pages

Aimed at teenagers, this book breaks down the stereotypes surrounding homosexuality. Written in question-and-answer form, the author answers real questions from real teenagers about everything from sex to religion. He pushes aside all of the myths and misinformation to help kids understand what being gay is really all about.

What is a Feeling? (see comment about Children's Materials on Index page)

Author: David Krueger

Publish Date: 1993

Length: 28 pages

This children's booklet with pictures uses familiar situations to help children put words to their wide range of feelings. When children can declare their feelings, they begin to embrace a whole new world.

What's Happening to Me? (see comment about Children's Materials on Index page)

Author: Peter Mayle

Publish Date: 1994

Length: 50 pages

This anatomically explicit illustrated guide to puberty contains the answers to "some of the world's most embarrassing questions." Aimed at preteen boys and girls, it explores such topics as sex, masturbation, growth, and body image.

What's Happening to My Body? Book for Boys, The* (see comment about Children's Materials on Index page)

Author: Lynda Madaras

Publish Date: 2000

Length: 231 pages

This comprehensive puberty education and health book targets 8 to 15 year old boys. It offers down-to-earth information on the body's changing size and shape, the growth spurt, reproductive organs, voice changes, body hair, puberty, and much more. This best-selling classic includes an introduction for parents.

Washington State Resource Family Lending Library Catalogue

Children's Materials

What's Happening to My Body? Book for Girls, The* (see comment about Children's Materials on Index page)

Author: Lynda Madaras

Publish Date: 2000

Length: 255 pages

This easy to read health book aimed at 8 to 15 year old girls provides factual information on all aspects of girls' transformation into womanhood. The introduction is for the parent, the book for the young girl. It addresses the body's changing size and shape, breasts, the reproductive organs, the menstrual cycle, body hair, and much more.

What's the Big Secret?: Talking about Sex with Girls and Boys* (see comment about Children's Materials on Index page)

Author: Laurie Krasny Brown

Publish Date: 1997

Length: 32 pages

With chapters entitled "How Do Boys and Girls Differ?"; "More About Girls' and Boys' Bodies;" and "Why Boys and Girls Differ: A Little Lesson in Reproduction," this children's book (pre-school-grade 3) with anatomically correct cartoon illustrations is intended to help parents talk about "where babies come from" in an enlightened way.

When Sophie Gets Angry – Really, Really Angry ...* (see comment about Children's Materials on Index page)

Author: Molly Bang

Publish Date: 1999

Length: 34 pages

Sophie, subject to sudden volcanic melt downs, such as when her sister wants to play with her stuffed gorilla, storms out the door after a series of such incidents. She goes for a walk and climbs a tree and looks out at the world which calms her. This book offers no solutions to a child who rages, but it shows a family that treats her with respect and might help a child like Sophie to better look at herself. Ages 2-7

Where Did I Come From?* (see comment about Children's Materials on Index page)

Author: Peter Mayle

Publish Date: 1977

Length: 43 pages

For more than twenty years, this book has helped parents explain the facts of life to their curious children. It helps describe to young children how babies are really made. It is packed full of humorous illustrations and honest facts about love, sex, pregnancy, and the birth process.

Zachary's New Home: A Story for Foster and Adopted Children* (see comment about Children's Materials on Index page)

Author: Geraldine Blomquist

Publish Date: 1990

Length: 30 pages

Zachary, a little kitten, is confused and concerned. He doesn't understand why he has to move from his first family to a foster family and then to an adoptive family. He is angry at the changes in his life. He thinks no one loves him. This comforting story, designed to be read to children aged 3 to 8, explores his emotions with appealing illustrations of animal characters. It may evoke strong emotions in children, so it is important that knowledgeable and concerned adults discuss these emotions and allow the child to explore his or her own feelings.

Depression

Eternal High: A Teenager's Experience with Depression and Suicide that will Change Your Life (DVD)

Author: Bryce Mackie

Publish Date: ???

Length: 30 minutes.

Meet 17-year-old Bryce Mackie, a filmmaker who captured his true-life battle with depression and suicide in an award winning short film. At the time he made the film, Bryce was unaware he was suffering from depression. Eternal High includes this film and a speech he gave to his school after receiving treatment. He describes his experience with depression, thoughts of suicide, self-injury, anxiety, self-medication/substance abuse, and his treatment.

Washington State Resource Family Lending Library Catalogue

Depression

Night Falls Fast: Understanding Suicide

Author: Kay R. Jamison

Publish Date: 1999

Length: 311 pages

Weaving together a psychological and scientific exploration of the subject with personal essays about individual suicides, Dr. Jamison brings not only her compassion and literary skill but all of her knowledge, research and clinical experience to bear on this devastating problem. In tracing the network of reasons underlying suicide, she brings us the critical biological and psychological factors that interact to cause suicide and the powerful treatments available from modern medicine.

Why Isn't Johnny Crying?: Coping with Depression in Children

Author: Donald H. Jr. McKnew

Publish Date: 1983

Length: 167 pages

The authors have identified and classified the problems associated with depression in young people and have outlined approaches to help treat and relieve even hopeless feelings.

Developmentally Delayed/Mental Retardation

Birds of a Feather Play Together* (see comment about Children's Materials on Index page)

Author: Marilyn Krueger

Publish Date: 2007

Length: 63 pages

This booklet, put together through a collaboration between two British Columbia organizations, offers ten illustrated activities – simple assembly projects using household items – with instructions and a brief explanation of each activity's beneficial aspects. It is for parents who want hands-on activities with their physically and/or developmentally delayed young children.

Child With Special Needs, The

Author: Stanley Greenspan

Publish Date: 1998

Length: 479 pages

This comprehensive approach to developmental challenges including autism, PDD, language and speech problems, Down syndrome, cerebral palsy, ADD, and other related disorders helps parents and professionals “get beyond the label” and understand each child's unique profile.

Children With Disabilities

Author: Mark Batshaw

Publish Date: 1997

Length: 788 pages

The revised edition of Children with Handicaps (1986) presents thorough, authoritative chapters on the basics of chromosomes, heredity, prenatal diagnosis and fetal therapy, growth before birth, and the first weeks of life, and continues with in-depth, yet accessible coverage of all types of disabilities and their management. Useful to a wide audience of professionals and parents, and impressive in its scope and conciseness.

He's My Brother

Author: Joe Lasker

Publish Date: 1975

Length: 36 pages

This picture book for young children shows us Jamie, a boy with an “invisible handicap,” from the point of view of his loving older brother. Jamie is not retarded, but his uneven development and growth confuse him and those around him. He is slow to learn, physically clumsy, and often teased at school. He has many lovable characteristics, but also some annoying behaviors. This book helps the reader sympathize with Jamie and might help kids with similar difficulties feel not so alone.

Washington State Resource Family Lending Library Catalogue

Developmentally Delayed/Mental Retardation

It's So Much Work to Be Your Friend: Helping the Child with Learning Disabilities Find Social Success

Author: Richard Lavoie

Publish Date: 2005

Length: 359 pages

Drawing on three decades of experience in residential schools, Lavoie provides strategies for teaching friendship skills in the classroom, home and community for children age 6 through 17 with learning disabilities. He explores the causes and consequences of "social incompetence," then offers field-tested advice on how to help children work through daily social struggles and go from being picked on and isolated to becoming accepted and involved.

It's So Much Work to Be Your Friend: Helping the Learning Disabled Child Find Social Success (DVD)

Author: DVD

Publish Date: 2005

Length: 90 Minutes

Drawing on three decades of experience in residential schools, Lavoie provides strategies for teaching friendship skills in the classroom, home and community. He first explores the causes and consequences of "social incompetence," then he offers field-tested advice on how to help children work through daily social struggles and go from being picked on and isolated to becoming accepted and involved.

Living with a Brother or Sister With Special Needs: A Book for Siblings* (see comment about Children's Materials on Index page)

Author: Donald Meyer

Publish Date: 1985/1996

Length: 135 pages

This sophisticated book for children, which addresses a wide range of disabilities, can be a resource for parents and teachers too. It focuses on the intensity of emotions that siblings of special needs children experience, and the hard questions they ask.

Our Brother Has Down Syndrome: An Introduction For Children* (see comment about Children's Materials on Index page)

Author: Shelley Cairo

Publish Date: 1985

Length: 22 pages

This short booklet with photographs introduces us to Jai, a Down Syndrome child, and his loving family.

Parenting Children Who May Never Leave Home (CD)

Author: CD

Publish Date: 2002

Length:

This workshop explores the realities of parenting children with disabilities who may never be independent. It presents Canadian and American strategies for finding appropriate services and schooling for children and young adults, advocating for change, and facing the physical and mental realities of aging parents caring for adult children.

Parent's Guide to Down Syndrome, A

Author: Siegfried Pueschel

Publish Date: 1990

Length: 291 pages

This sensitive guide highlights the important developmental stages in the life of a child with Down syndrome. Readers are offered reassuring guidance, with accurate, easily understood explanations and clear information about topics important to every family of a child with Down syndrome.

Understanding Learning Disabilities: How Difficult Can This Be (DVD)

Author: DVD

Publish Date: 1989

Length: 70 minutes

Richard D. Lavoie leads a group of parents, educators, psychologists, and children through a series of exercises that cause frustration, anxiety, and tension; feelings all too familiar to children with learning disabilities. By dramatizing the classroom experience so vividly, Lavoie lets us see the world through the eyes of a child. Later, participants discuss strategies for working more effectively with learning disabled children.

This DVD comes with the booklet "Understanding Learning Disabilities: Discussion Leader's Guide."

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Developmentally Delayed/Mental Retardation

Understanding Learning Disabilities: How Difficult Can This Be (VHS)

Author: Video

Publish Date: 1989

Length: 70 minutes

Richard D. Lavoie leads a group of parents, educators, psychologists, and children through a series of exercises that cause frustration, anxiety, and tension; feelings all too familiar to children with learning disabilities. By dramatizing the classroom experience so vividly, Lavoie lets us see the world through the eyes of a child. Later, participants discuss strategies for working more effectively with learning disabled children.

This video comes with the booklet "Understanding Learning Disabilities: Discussion Leader's Guide."

When the Chips Are Down: Strategies for Improving Children's Behavior (VHS)

Author: Video

Publish Date: 1997

Length: 62 minutes

Richard Lavoie, addressing an audience of parents and teachers at Georgetown University, offers his philosophies and techniques for working positively with children and setting standards they will follow in school and home settings. The video comes with a booklet that summarizes his points.

When Your Child Has a Disability: The Complete Sourcebook of Daily and Medical Care

Author: Mark Batshaw

Publish Date: 2001

Length: 434 pages

Batshaw and a team of experts offer advice on: pediatric care; behavior; nutrition and feeding; medications; rehabilitation therapies; child development; education and early intervention; genetic counseling; legal rights and benefits; and the transition to adult life.

Diet/Nutrition

Change Your Brain Change Your Life

Author: Daniel G Amen

Publish Date: 1998

Length: 305 pages

Dr. Amen presents the case that many behavioral disorders formerly considered psychological actually have a biological basis. Through the lens of new brain imaging techniques, you can see what depression, anxiety, temper, impulsiveness and obsession look like in the brain. Dr. Amen gives practical suggestions for overcoming these problems and gives tools for optimizing the brain and improving life.

Understanding Anorexia Nervosa* (see comment about Children's Materials on Index page)

Author: Debbie Stanley

Publish Date: 1999

Length: 89 pages

With true-to-life vignettes and a firm, reassuring tone, Stanley tells adolescent readers about the facts and myths surrounding this potentially life-threatening eating disorder. She describes anorexia's symptoms and causes, including pressure from peers, parents, and society as well as pent-up emotions and low self-esteem. Young readers can also explore healthy ways to take charge of their lives, and those who want to seek help will find practical resources for doing so.

Understanding Bulimia Nervosa* (see comment about Children's Materials on Index page)

Author: Debbie Stanley

Publish Date: 1999

Length: 115 pages

This book for adolescents, explains what bulimia is, how to recognize its symptoms, and why this serious problem is easily overlooked. Using the voices of young people who have struggled with bulimia, Stanley explores the roles pressure from peers, parents, and society -- as well as bottled up emotions and low self-esteem -- can play in developing bulimia. Practical suggestions help young readers learn to recognize and resist society's unrealistic expectations, develop a positive self-image, and evaluate their nutritional habits and fitness level accurately and honestly.

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Diet/Nutrition

Why Can't I Eat That: Helping Kids Obey Medical Diets

Author: John & R. Sharon Taylor & Latta

Publish Date: 1996

Length: 224 pages

This book helps parents and professionals with psychological and practical advice for getting kids to follow prescribed guidelines for weight control, diabetes, food allergies, digestive disorders, cancer, and hypoglycemia.

Discipline

1-2-3 Magic: Effective Discipline for Children 2-12

Author: Thomas W. Phelan

Publish Date: 1995

Length: 175 pages

This book addresses such areas as how to get your kids to stop doing what you don't want them to do, how to get them to start doing what you want them to do, how to handle misbehavior in public, how to deal with six kinds of testing and manipulation, ten steps for building self-esteem.

1-2-3 Magic: Managing Difficult Behavior in Children 2-12 (DVD)

Author: Thomas W. Phelan DVD

Publish Date: 2001

Length: 120 minutes

This DVD offers parents ideas for disciplining children without arguing, yelling or spanking. Learn how to: handle misbehavior in public; exercise self-control and be an effective disciplinarian at the same time; avoid the talk-persuade-argue-yell-hit syndrome; get your kids to stop obnoxious behavior; deal with six kinds of testing and manipulation; and more.

1-2-3 Magic: Managing Difficult Behavior in Children 2-12 (VHS)

Author: Thomas W. Phelan Video

Publish Date: 2001

Length: 120 minutes

This video offers parents ideas for disciplining children without arguing, yelling or spanking. Learn how to: handle misbehavior in public; exercise self-control and be an effective disciplinarian at the same time; avoid the talk-persuade-argue-yell-hit syndrome; get your kids to stop obnoxious behavior; deal with six kinds of testing and manipulation; and more.

Achieving Success with Impossible Children: How to Win the Battle of Wills

Author: Dave Ziegler

Publish Date: 2005

Length: 343 pages

This book for parents, from the author of *Raising Children Who Refuse to be Raised*, discusses working with challenging children in various settings. It provides numerous case examples, practical applications, and hands-on suggestions, and includes chapters on mastering responsibility, positive discipline, violence, trauma, trauma therapy, attachment, residential treatment, and school success.

Anger Control Training for Children and Teens

Author: John Taylor

Publish Date: 1995 (Revised)

Length: 38 pages

This guidebook contains step-by-step directions for training children and adolescents in what anger is, ways to express it, and suggestions for healthy management. Techniques can be used in classroom settings as well as individual and counseling situations. Appropriate for children ages 4 -18.

Bringing Out the Best in Children and Adolescents Acting at Their Worst

Author: Thomas Lund

Publish Date: 1999

Length: 10 tapes

This taping of a presentation at the 1999 New England Educational Institute's annual symposium features Thomas Lund with an intensive course on the gaps between the way troubled children and adolescents behave and how they prefer to view themselves and be viewed by others. Participants will learn to pinpoint these gaps and to use this information to mobilize creative solutions. They will also learn how to motivate rapid change through a simple, powerful concept called "preferred view," the centerpiece of Lund's and Dr. Joseph Eron's Narrative Solutions Approach.

Washington State Resource Family Lending Library Catalogue

Discipline

Challenging Behaviors in Young Children (DVD)

Author: DVD
TBA

Publish Date: 2006

Length: 50 min

Challenging Child, The

Author: Stanley Greenspan

Publish Date: 1995

Length: 309 pages

Identifying five "difficult" child personality types - sensitive, withdrawn, defiant, inattentive, and active/aggressive - this guidebook explains development from the child's perspective and offers strategies on how to make such differences positive.

Common Sense Parenting: Teaching Children Self-Control (DVD)

Author: DVD
TBA

Publish Date: 2006

Length: 28 min

Correcting Without Criticizing: The Encouraging Way to Talk to Children About Their Misbehavior

Author: John Taylor

Publish Date: revised 1995

Length: 36 pages

This booklet offers advice to parents, teachers, counselors and any other adults who work with children and teens. It offers suggestions on how to improve communication with children, teach decision-making, and implement preventative discipline. Included is a step-by-step model for effective communication and an explanation of the roles parents should avoid.

Creative Answers to Misbehavior: Getting out of the Ignore-Yell-Punish Cycle

Author: John Taylor

Publish Date: 1992

Length: 28 pages

This booklet includes 16 "Creative Ways to Confront the Child About Misbehavior" and 13 "Effective Disciplinary Responses to Misbehavior."

Difficult Child, The

Author: Tonner, Leslie Turecki, Stanley

Publish Date: Revised 2000

Length: 282 pages

Based on his experience with thousands of families, Dr. Turecki's step-by-step approach shows you how to identify your child's temperament, using a ten-point checklist to pinpoint specific difficulties, manage typical conflicts with kindness and firmness, make discipline more effective so you punish much less, get support from schools, doctors and other parents, and more.

Discipline and the Adopted Child with Special Needs (audiotape)

Author: Holly van Gulden audiotape

Publish Date: 2002

Length: 90 minutes

Children who have experienced parental loss, neglect, and/or abuse often bring extreme emotional pain, unrelenting neediness, and dysfunctional behaviors to their foster and adoptive families. Such children need therapeutic parenting to help them change. This workshop reviews the goals of discipline and offers a technique to help parents and professionals design effective disciplinary responses.

Discipline and the Adopted Child with Special Needs (CD)

Author: Holly van Gulden CD

Publish Date: 2002

Length: 90 minutes

Children who have experienced parental loss, neglect, and/or abuse often bring extreme emotional pain, unrelenting neediness, and dysfunctional behaviors to their foster and adoptive families. Such children need therapeutic parenting to help them change. This workshop reviews the goals of discipline and offers a technique to help parents and professionals design effective disciplinary responses.

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Discipline

Discipline: Teaching Limits with Love (DVD)

Author: DVD
TBA

Publish Date: 2008

Length: 30 Min

Effective Discipline

Author: ORPARC Staff
(Available November 2009)

Publish Date: 2006

Length: 20 pages

This guide to working with behavior problems has sections on setting short and long range goals; parenting styles; prevention strategies; understanding the behaviors of traumatized children; and techniques that work, including natural and logical consequences, contracts, and more.

Effective Discipline Strategies (Answers to ADD)

Author: John Taylor

Publish Date:

Length:

This tape is one of the many in John F. Taylor's "The Answers to A.D.D." audio/video series. Highlights of this tape include: arranging suitable consequences; improving decision making skills; maintaining love and leadership; confronting the child successfully; preventing arguments and power struggles; avoiding the remind-nag-yell-punish cycle; and more.

Encouraging the Discouraged Child: Boosting Your Child's Self-Confidence

Author: John Taylor

Publish Date: 1995 (revised)

Length: 35 pages

This booklet, a guide for parents, teachers and counselors, offers ideas on developing and maintaining self-esteem in children, boosting self-confidence by teaching children how to handle mistakes, and avoiding perfectionism.

Explosive Child, The

Author: Ross W. Greene

Publish Date: 2005

Length: 275 pages

In this "updated third edition," Dr. Greene describes the factors that contribute to "inflexible-explosive" behavior in children and why the strategies that work for most children aren't as effective for inflexible-explosive children. He offers a procedure parents can follow to slowly achieve results where other plans have not been effective. See "Audiotapes" for an abridged, three hour audiotape version of the 1998 "first edition" of this book.

Explosive Child, The (audiotape)

Author: Ross W. Greene

Publish Date: 1998

Length: 3 hours

Read by author, Ross W. Greene. This tape, abridged from the book, describes children who are prone to explosive behavior and offers explanations as to why the children explode and why conventional responses to such outbursts are not working. Dr. Greene offers a procedure parents can follow to slowly achieve results where other plans have not been effective.

From Defiance to Cooperation: Real Solutions for Transforming the Angry, Defiant, Discouraged Child

Author: John Taylor

Publish Date: 2001

Length: 196 pages

If your child has been diagnosed with Oppositional Defiant Disorder (ODD), or is resentful and constantly in trouble at school, Dr Taylor offers specific, sensible and easy-to-implement suggestions for improving life with this child. Parents, teachers and others who deal with difficult children or young adults, will learn to: Understand why an oppositional attitude exists; Open up safer avenues for children to express needs and wants; Enhance communication, avoid common mistakes, and reduce undesirable behavior; Teach conscience-based self-control; and more.

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Discipline

Healing Power of the Family: An Illustrated Overview of Life with the Disturbed Foster or Adopted Child, The

Author: Rick Delaney

Publish Date: 1997

Length: 112 pages

In a warm and humorous style, Delaney identifies common behavioral/emotional problems observed in maltreated children, and offers several sample family-based interventions which reflect the creativity often needed to explore non-traditional means of addressing acting out behaviors and fostering attachments. Delaney addresses behaviors such as lying, bedwetting, stealing, fire setting, vandalism, cruelty to animals, inappropriate toileting, sexualized behaviors, defiance, insatiable neediness, tantrumming, and running away.

Helping Children of Divorce and Adopted Children with Emotional Problems (2-VHS)

Author: Michael Katz

Publish Date:

Length: 4 hours

In this two-tape program, Dr Katz describes behaviors that frequently occur, explains how emotional problems develop and how they produce behavioral problems, demonstrates appropriate responses and positive interventions that help children form healthy attachments, teaches specific ways to help children learn positive behaviors and responses to an often frustrating world, and shows how to reinforce verbal ideas with concrete, real life, experiences.

Managing Difficult Behaviors for Traumatized Children

Author: Renee Daniel Hershey

Publish Date: August 20,
1999

Length: 5 hours

In this 5 hour training, taped live on August 20, 1999, the underlying causes of difficult behaviors are explored as are practical ideas for helping children change. The goal is to help parents determine what children "can't do" vs. what they "won't do." Topics include sexualized behaviors, cruelty, preoccupation with violence, toileting problems and the "divide and conquer" antics of traumatized children. We also address self-destructive behaviors, eating problems and self-defeating behaviors often seen when children are struggling with a history of abuse and neglect.

More 1-2-3 Magic: Encouraging Good Behavior, Independence and Self-Esteem (DVD)

Author: Thomas Phelan DVD

Publish Date: 2000

Length: 120 minutes

This DVD shows parents how to encourage good behavior. Points of focus include 3 parental qualities that foster competence in kids; how to encourage and respect your child's growing independence; 10 strategies for building self-esteem; making mealtimes more enjoyable; getting kids to pick up after themselves; how to avoid homework civil wars; family meetings; and more.

More 1-2-3 Magic: Encouraging Good Behavior, Independence and Self-Esteem (VHS)

Author: Thomas W. Phelan Video

Publish Date: 2000

Length: 120 minutes

This video shows parents how to encourage good behavior. Points of focus include 3 parental qualities that foster competence in kids; how to encourage and respect your child's growing independence; 10 strategies for building self-esteem; making mealtimes more enjoyable; getting kids to pick up after themselves; how to avoid homework civil wars; family meetings; and more.

No-Cry Discipline Solution, The: Gentle Ways to Encourage Good Behavior Without Whining, Tantrums, and Tears

Author: Elizabeth Pantley

Publish Date: 2007

Length: 304 pages

While this book does not focus on children with special needs, and your child may require a much more therapeutically focused approach, there may still be usable tidbits here especially in the sections on taking care of yourself. The first 3 parts of this book for parents of two to eight-year-olds, present "Essential Parenting Attitudes;" "Parenting Skills and Tools;" and "Staying Calm and Avoiding Anger." Part 4 offers "Specific Solutions for Everyday Problems" – 33 of them, including baby talk; bossiness; car problems; doesn't come when called; hitting, kicking, and hair pulling; playtime behavior; sleep issues; and much more.

Washington State Resource Family Lending Library Catalogue

Discipline

Off Road Parenting: Practical Solutions for Difficult Behavior

Author: Caesar, Patricia, & Lee Pacifici, Chamberlain, & White

Publish Date: 2002

Length: 98 pages plus
a DVD

The book and DVD work together, chapter by chapter, to help parents discover how to get their family back on a positive track. Spiced with Stone Soup cartoons, Off Road Parenting guides the reader to positive and caring solutions with clear and simple language.

Parenting the Explosive Child (VHS)

Author: Ross Greene

Publish Date: 2004

Length: 2 hours

Drs. Ross Greene and Stuart Ablon help parents understand the specific cognitive skill deficits that can impair a child's capacities for flexibility and frustration tolerance. They provide step-by-step guidance on their approach – known as Collaborative Problem Solving (CPS) – for teaching these skills. It features live interviews with parents and provides answers to many of the questions parents have about the CPS approach.

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Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems

Author: Jane Nelsen

Publish Date: 1999

Length: 317 pages

This revised and expanded handbook is divided into two parts. Part One: Basic Positive Discipline Parenting Tools offers thirty pages of basic parenting tips, ideas and strategies. Part Two: Positive Discipline Solutions from A to Z offers 285 pages of specific ideas for dealing with an array of problem areas listed in alphabetical order.

Raising Cain: Caring for Troubled Youngsters/Repairing Our Troubled System

Author: Richard Delaney

Publish Date: 1998

Length: 228 pages

A nationally renowned child and family psychologist, Dr. Delaney offers clear, easily understood strategies for parenting children who have experienced trauma. Through short vignettes, Delaney demonstrates family-based strategies that address behavioral problems and their underlying issues. In additional chapters, he discusses the impact raising a troubled child has on the adoptive family, emphasizing why adoptive moms are so predictably victimized and offers ways we can better protect the interests of adoptive children and their families.

Raising Kids without Raising Cane: A Guide to Managing Young Children's Behavior in Helpful and Healthy Ways

Author: Gary Dierenfield

Publish Date: 1993

Length: 60 pages

This booklet for parents of kids age 2 to 6 is not adoption or special needs oriented, but it offers practical ideas and a gentle philosophy in a straight forward manner in 60 small pages.

Transforming the Difficult Child: The Nurtured Heart Approach

Author: Easley, Jennifer Glasser, Howard

Publish Date: updated 2002

Length: 252 pages

This book is intended to give parents an understanding of how a challenging child responds to normal ways of parenting and why traditional methods can actually make the situation worse. It provides strategies designed to turn the difficult child around to being a cooperative child who uses his or her intensity in positive and creative ways.

Washington State Resource Family Lending Library Catalogue

Discipline

Troubled Transplants

Author: Richard Delaney

Publish Date: 1997

Length: 158 pages

This book provides insights into the negative impact of the disturbed child on the foster or adoptive family and presents practical-if unconventional-treatment strategies for addressing the puzzling, exhausting problems of today's foster and adoptive children.

Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason

Author: Alfie Kohn

Publish Date: 2006

Length: 272 pages

Kohn questions why parenting literature focuses on compliance and quick fixes, and points out that docility and short-term obedience are not what most parents desire of their children in the long run. He insists that "controlling parents" are actually conveying to their kids that they love them conditionally—that is, only when they achieve or behave. Kohn suggests parents help kids solve problems; provide them with choices; and use reason, humor and, as a last resort, a restorative time away (not a punitive time-out).

Understanding and Helping Adopted and Foster Children with Emotional Problems (VHS)

Author: Michael Katz

Publish Date: 1990

Length: 4 hours

Many adopted and foster children have behavior problems that do not respond to traditional parenting. This video explains how underlying emotional problems involving attachment, identity, values, developmental delays, and anger produced by painful experiences sometimes not consciously remembered, can be the major causes. A variety of methods for reducing these behaviors are demonstrated.

Understanding Misbehavior: Using Misbehavior as a Guide to Children's and Adolescents' Needs

Author: John F. Taylor

Publish Date: 2002

Length: 36 pages

Taylor suggests that children misbehave to meet their needs, namely "seeking undue attention and service," "displaying power," "seeking revenge," "avoiding responsibility and participation," or "exploring personal limits (intrapersonal)." This book shows parents or professionals how to identify the goal of the misbehavior and then respond with effective remediation.

Understanding the Defiant Child (DVD)

Author: DVD

Publish Date: 1997

Length: 34 min

TBA

When the Chips Are Down: Strategies for Improving Children's Behavior (VHS)

Author: Video

Publish Date: 1997

Length: 62 minutes

Richard Lavoie, addressing an audience of parents and teachers at Georgetown University, offers his philosophies and techniques for working positively with children and setting standards they will follow in school and home settings. The video comes with a booklet that summarizes his points.

Eating Disorders

Am I Weird or Is This Normal? Advice and Info to Get Teens in the Know* (see comment about Children's Materials on Index page)

Author: Marlin S. Potash, Ed.D.

Publish Date: 2001

Length: 261 pages

Written by a mother-daughter team, this book offers practical, down-to-earth advice on issues teenage girls are dealing with today. It is written in question-and-answer form, and includes many quizzes, games, and helpful hints. In addition, the book is packed with current facts on alcohol and drugs, eating disorders, sex and relationships, after school jobs, college, and much more.

Washington State Resource Family Lending Library Catalogue

Eating Disorders

Anorexia Nervosa: When Food Is the Enemy* (see comment about Children's Materials on Index page)

Author: Erica Smith

Publish Date: 1999

Length: 57 pages

This book is intended to help adolescents understand the causes of anorexia and its signs and symptoms, providing them with resources that can help change anorexia's destructive course. Poignant, revealing case histories and vignettes combined with a frank, down-to-earth writing style make this book particularly appealing and relevant to young readers.

Foster Parent College: Eating Disorders (DVD)

Author: Rick Delaney

Publish Date: 2003

Length: 2 Hrs

Rick Delaney helps parents identify and understand four types of eating disorders with children - refusing certain foods, stealing and hoarding food, anorexia, and gorging - and offers practical solutions.

Understanding Anorexia Nervosa* (see comment about Children's Materials on Index page)

Author: Debbie Stanley

Publish Date: 1999

Length: 89 pages

With true-to-life vignettes and a firm, reassuring tone, Stanley tells adolescent readers about the facts and myths surrounding this potentially life-threatening eating disorder. She describes anorexia's symptoms and causes, including pressure from peers, parents, and society as well as pent-up emotions and low self-esteem. Young readers can also explore healthy ways to take charge of their lives, and those who want to seek help will find practical resources for doing so.

Understanding Bulimia Nervosa* (see comment about Children's Materials on Index page)

Author: Debbie Stanley

Publish Date: 1999

Length: 115 pages

This book for adolescents, explains what bulimia is, how to recognize its symptoms, and why this serious problem is easily overlooked. Using the voices of young people who have struggled with bulimia, Stanley explores the roles pressure from peers, parents, and society -- as well as bottled up emotions and low self-esteem -- can play in developing bulimia. Practical suggestions help young readers learn to recognize and resist society's unrealistic expectations, develop a positive self-image, and evaluate their nutritional habits and fitness level accurately and honestly.

Education - School Issues

Adoption and the Schools: Resources for Parents and Teachers

Author: Lansing, Nancy Wood, Ng

Publish Date: 2001

Length: 239 pages

This book, from "Families Adopting In Response," addresses a wide range of school situations faced by adoptive families including parent-teacher communication, transcultural considerations, Special Education, graduation, older child adoption, and more.

Building Bridges: Improving Educational Outcomes for Foster and Adopted Children and Teens (CD)

Author: NACAC Conference 2006 CD

Publish Date: 2006

Length: 90 minutes

The Iowa Foster and Adoptive Parents Association, in partnership with Casey Family Programs, developed the "Building Bridges" curriculum to address the challenges foster and adopted youth face in the schools. "Building Bridges" has two components: teaching foster and adoptive parents to advocate for their children in the schools, and informing school personnel about issues facing foster and adoptive youth. This workshop will help you develop a similar low-cost program in your state.

Bully, the Bullied, and the Bystander, The

Author: Barbara Coloroso

Publish Date: 2003

Length: 203 pages

Everything you always wanted to know about bullying but were afraid you'd get beat up if you asked. This book examines bullying from a number of fresh angles -- different types, how to recognize it, how to protect your child, etc -- and contains a strong focus on bullying at school and what to do about it.

Washington State Resource Family Lending Library Catalogue

Education - School Issues

Family Diversity in the Classroom: The Adopted Child (VHS)

Author: Arizona's Children Association

Publish Date:

Length: 19 minutes

Through conversations with adopted children, their families, and education professionals, this video demonstrates ways to address family issues in the classroom that are helpful to adopted children and respectful of their unique sensibilities. It focuses on three observations: certain class assignments can be traumatic for adopted children; adoptive families need teachers as partners; and certain adoption terms can be painful to adopted children and their families.

How To Do Homework Without Throwing Up* (see comment about Children's Materials on Index page)

Author: Trevor Romain

Publish Date: 1997

Length: 67 pp

Targeted at elementary and middle school children, this book emphasizes the importance of doing your homework. Through the use of jokes and cartoons, it teaches valuable homework skills such as how to make a homework schedule, how to get help with your homework, and especially how to get excited and motivated about doing it.

How to Talk So Kids Can Learn At Home and in School

Author: Adele Faber

Publish Date: 1995

Length: 266 pages

This book offers parents and teachers unique strategies, down-to-earth dialogue, and interesting cartoons to help them help school age children handle the everyday problems that interfere with learning.

I'm Chocolate, You're Vanilla

Author: Marguerite A. Wright

Publish Date: 1998

Length: 264 pages

This book is intended to teach parents and educators of black and biracial children how to reduce racism's impact on a child's development "from preschool through adolescence" and, in doing so, to raise emotionally healthy children. It is divided into three parts; "That Magical Place: Race Awareness in the Preschool Years;" "The Waning of Racial Innocence: The Early School Years;" and "Reality Bites: Race Awareness in Middle Childhood and Adolescence."

Lucy's Family Tree* (see comment about Children's Materials on Index page)

Author: Karen Halvorsen Schreck

Publish Date: 2001

Length: 39 pages

In this illustrated older child's book, Lucy's family doesn't "match" and being different bothers her. A family tree project at school brings Lucy's feelings about her adoption into the open, and she begins to explore what really makes a family. As she comes to understand that being different is part of life, Lucy finds a way to make a family tree that celebrates her past as well as her present.

Me and My Families (VHS)

Author: Video

Publish Date: 1998

Length: 28 minutes

This video, a musical play celebrating similarities and differences between families, focuses on three kids, one adopted as an older child, one whose parents are divorcing, and another whose family is more traditional. They all want to fit in and have friends, but life isn't usually that simple. Despite its cheery surface, it addresses real issues with clarity and compassion.

Organized Student, The: Teaching Children the Skills for Success in School and Beyond

Author: Donna Goldberg

Publish Date: 2005

Length: 246 pages

Here are hands-on strategies to help parents identify and teach organizational skills – assessments about your child's learning style, study habits, and school requirements; guidelines for taming that overstuffed binder and keeping it under control; a 4-step plan for purging and reassembling a backpack or locker; instructions for organizing an at-home work space; special tips for kids with learning disabilities.

Washington State Resource Family Lending Library Catalogue

Education - School Issues

Read-Aloud Handbook, The (Sixth Edition)

Author: Jim Trelease

Publish Date: 2006

Length: 292 pages

This book tells you why, how, when, and what to read aloud to your children. The why (it helps your kid, helps your relationship with your kid, and it's fun) is reason enough to make a habit of it. The "how" includes a list of do's, don'ts, tips on luring kids away from TV, etc. When? Now! The what includes a 104 page list of recommended read-aloud books (not all good books are ideal for reading aloud) based on type, topic, and age level.

Rhythms of Learning: Creative Tools for Developing Lifelong Skills

Author: Chris Brewer

Publish Date: 1991

Length: 317 pages

This book details the importance of rhythm and music for self-development and education. Aimed at the teacher or practitioner, it explores scientific discoveries and describes new and old music therapy techniques.

When the Chips Are Down: Strategies for Improving Children's Behavior (VHS)

Author: Video

Publish Date: 1997

Length: 62 minutes

Richard Lavoie, addressing an audience of parents and teachers at Georgetown University, offers his philosophies and techniques for working positively with children and setting standards they will follow in school and home settings. The video comes with a booklet that summarizes his points.

Education - Special Education

Adopting and Advocating for the Special Needs Child: A Guide for Parents and Professionals

Author: L. Anne Babb

Publish Date: 1997

Length: 222 pages

Completely frank and remarkably compassionate, this detailed, comprehensive guide is designed to be used by adoption professionals and adoptive parents, to help them get started, keep going, and locate whatever additional information and support they need. It covers such key topics as how to manage finances, advocate within the educational system, and cope when things go wrong. Tables, checklists, and frequent references to additional resources add value to this informed advice to adoptive parents.

Adoption and the Schools: Resources for Parents and Teachers

Author: Lansing, Nancy Wood, Ng

Publish Date: 2001

Length: 239 pages

This book, from "Families Adopting In Response," addresses a wide range of school situations faced by adoptive families including parent-teacher communication, transcultural considerations, Special Education, graduation, older child adoption, and more.

All Kinds of Minds: A Young Student's Book About Learning Abilities and Disorders* (see comment about Children's Materials on Index page)

Author: Mel Levine

Publish Date: 1993

Length: 281 pages

The first chapter introduces us to five young people with different "kinds of minds" (Attention Deficit, Reading Disorder, Memory Problems, Language Disorder, Social and Motor Skills Problems). The next five chapters each highlight, anecdotally, one of those kids, showing how his or her mind works. The final chapter provides practical information and techniques for children and the adults who work with them, in each of the categories mentioned.

Best of Adopted Child: Issues Children Face in School

Author: Lois Melina

Publish Date: 1982 to 1994

Length:

This collection of articles from "Adopted Child" from 1982 to 1994 includes pieces on teasing, disclosing the adoption, hyperactivity, attitudes toward academics, and learning disabilities.

Washington State Resource Family Lending Library Catalogue

Education - Special Education

Educational Law and Advocacy (VHS)

Author: Ed-Net Series

Publish Date: February 3,
2000

Length: 1 hour

Michael Bailey, a professional with Community Partnerships Project and himself a parent of a child with a disability leads a panel that includes special education professional, Steve Alexander, and an experienced adoptive parent of a child with a disability, Jacqueline Ford. The panelists attempt to clarify Oregon educational law and explain what parents need to know in order to successfully advocate for their children's educational needs without alienating the school personnel with whom they are involved.

F.A.S.: The School Years (VHS)

Author: Altschul Group

Publish Date: 1997

Length: 20 minutes

This program concentrates on the importance of meeting the needs of children with F.A.S. at both the classroom and school district levels. It stresses that students with F.A.S. or F.A.E. are not necessarily mentally retarded but may process information differently. Practical ways of helping these children learn despite their differences are presented. Parents, teachers and other experts offer their views on the importance of getting to know the child's teachers and educating them about the child's needs. Useful for parents and teachers alike. (AVAILABLE in SPANISH - "Los Años Escolares - Series del Síndrome del Alcoholismo Fetal")

From Emotions to Advocacy: The Special Education Survival Guide

Author: Pam Wright

Publish Date: 2002

Length: 248 pages*

This book from Wrightslaw (see www.wrightslaw.com) teaches you how to plan, prepare, organize -- and get quality special education services. You learn about organizing your child's file, devising a master plan for your child's special education, roles of experts, writing smart IEP goals, and much more. Appendixes list information on hundreds of information groups, state departments of education, and legal and advocacy. It includes dozens of worksheets, forms, and sample letters that you can tailor to your needs. (*Plus 118 pages of appendixes)

How to Compromise with Your School District without Compromising Your Child

Author: Gary Mayerson

Publish Date: 2004

Length: 130 pages

This book discusses ways educational bureaucracies work— or more importantly, don't work—for children with special needs. It offers "must-do's" and "must don'ts" in advocating for your child; strategies on how to prepare for an IEP meeting; what to do when children don't get crucial services; and how to avoid due process.

IEP and Inclusion Tips for Parents and Teachers

Author: Ann and Kathleen Whitbread Eason

Publish Date: 2006

Length: 76 pages

Learn how to prepare for IEP meetings, create legally correct and educationally sound IEPs, ensure access to the general curriculum, track educational progress, and form effective parent-school partnerships. Features more than 100 tips to help parents, teachers and administrators share goals and develop healthy working relationships.

It's So Much Work to Be Your Friend: Helping the Child with Learning Disabilities Find Social Success

Author: Richard Lavoie

Publish Date: 2005

Length: 359 pages

Drawing on three decades of experience in residential schools, Lavoie provides strategies for teaching friendship skills in the classroom, home and community for children age 6 through 17 with learning disabilities. He explores the causes and consequences of "social incompetence," then offers field-tested advice on how to help children work through daily social struggles and go from being picked on and isolated to becoming accepted and involved.

Washington State Resource Family Lending Library Catalogue

Education - Special Education

It's So Much Work to Be Your Friend: Helping the Learning Disabled Child Find Social Success (DVD)

Author: DVD

Publish Date: 2005

Length: 90 Minutes

Drawing on three decades of experience in residential schools, Lavoie provides strategies for teaching friendship skills in the classroom, home and community. He first explores the causes and consequences of "social incompetence," then he offers field-tested advice on how to help children work through daily social struggles and go from being picked on and isolated to becoming accepted and involved.

Keeping A Head in School: A Young Student's Book About Learning Abilities and Disorders* (see comment about Children's Materials on Index page)

Author: Mel Levine

Publish Date: 1990

Length: 279 pages

This student's book about learning abilities and learning disorders, written for adolescents and pre-adolescents, should appeal also to older and younger students. It attempts to empower students with learning disorders to advocate for themselves, to see themselves as resilient beings, to use adults effectively as resources, to deploy their strengths, and to preserve and cherish their own individuality.

Learning Disabilities and Your Child

Author: Lawrence Greene

Publish Date: 1983

Length: 286 pages

This "Survival Handbook" explains how to diagnose learning disabilities ranging from dyslexia and hyperactivity to language disorders and tuning out. It offers helpful advice on choosing the right school or program for your child and on getting the support you need. Anecdotes, where parents and children speak out, as well as step-by-step programs that you can begin right now, make this unique book a vital guide for parents and teachers of learning disabled children.

Making the System Work for Your Child with ADHD: How to cut through red tape and get what you need from doctors, teachers, schools, and healthcare plans

Author: Peter S. Jensen

Publish Date: 2004

Length: 226 pages

Dr. Jensen, a child psychiatrist and the father of a child with ADHD, pools his own experience with that of over 80 other parents to help readers troubleshoot the system without reinventing the wheel -- from breaking through bureaucratic bottlenecks at school and advocating for your child's healthcare needs to getting the best from home and family life.

Middle School Years, The: Achieving the Best Education for Your Child Grades 5-8

Author: Michelle A. Hernandez

Publish Date: 2000

Length: 187 pages

This is a handbook to help parents of Middle Schoolers help their children through the social pressures and escalating schoolwork that characterize this crucial and challenging time in their lives.

Parent's Guide to Special Education, A

Author: Linda Wilmschurst

Publish Date: 2005

Length: 179 pages
plus 73

In addition to information on IDEA and 504 law and types of evaluations, this easily understood, practical guide includes chapters on parent-teacher communication and school meetings, coping with stress, building your child's self-esteem and increasing social competence. 73 pages of Appendixes include sample 504 plans, IEP forms, behavior charts, procedural safeguards, helpful resources, and more.

Washington State Resource Family Lending Library Catalogue

Education - Special Education

Positive Prescriptions for Negative Parenting: The Counselors Guide to Assisting Troubled Parents and Children

Author: John Taylor

Publish Date: 1995 (revised)

Length: 47 pages

This booklet is designed as a quick reference manual for school counselors, educators, school administrators, and mental health professionals. It features step-by-step guidelines for identifying and counterering twelve common destructive parenting styles.

Read-Aloud Handbook, The (Sixth Edition)

Author: Jim Trelease

Publish Date: 2006

Length: 292 pages

This book tells you why, how, when, and what to read aloud to your children. The why (it helps your kid, helps your relationship with your kid, and it's fun) is reason enough to make a habit of it. The "how" includes a list of do's, don'ts, tips on luring kids away from TV, etc. When? Now! The what includes a 104 page list of recommended read-aloud books (not all good books are ideal for reading aloud) based on type, topic, and age level.

Special Education: A Guide for Parents and Advocates

Author: Oregon Advocacy Center and Other Sources

Publish Date:

Length:

This booklet, photocopied by ORPARC with permission from Oregon Advocacy Center, is an effective tool for examining the rights of people with difficulties in school. It focuses on IDEA law but also has information on Section 504 provisions. It is written in plain, easy to understand language and could be helpful in showing school personnel what services you are entitled to.

Students Like Me: Teaching Children with Fetal Alcohol Syndrome (VHS)

Author:

Publish Date: 2000

Length: 39 minutes

This video gives elementary and special education teachers a clear understanding of what Fetal Alcohol Syndrome is, how it affects children's learning and behavior, and what can be done to modify classroom environments and teaching methods to allow children with FAS to learn.

Succeeding Against the Odds: How the Learning Disabled Can Realize Their Promise

Author: Sally Smith

Publish Date: 1991

Length: 269 pages

This book delivers hope and guidance to anyone whose life has been challenged by a learning disability. Blending more than 25 years of personal experience and accounts of success from people with learning problems, the author has created a practical and compassionate guide for the learning-disabled and their relatives, teachers, and friends.

Teachers Ask About Sensory Integration

Author: Belle Curve Records

Publish Date: 1999

Length: 105 minutes

This tape and accompanying 42-page booklet with reproducible checklists is for you to share with any teacher willing to make an attempt to understand why problems in sensory integration affect learning, to learn useful strategies for helping these kids engage and focus, and to improve the educational and social performance of kids with SI challenges.

Understanding Learning Disabilities: How Difficult Can This Be (DVD)

Author: DVD

Publish Date: 1989

Length: 70 minutes

Richard D. Lavoie leads a group of parents, educators, psychologists, and children through a series of exercises that cause frustration, anxiety, and tension; feelings all too familiar to children with learning disabilities. By dramatizing the classroom experience so vividly, Lavoie lets us see the world through the eyes of a child. Later, participants discuss strategies for working more effectively with learning disabled children.

This DVD comes with the booklet "Understanding Learning Disabilities: Discussion Leader's Guide."

Washington State Resource Family Lending Library Catalogue

Education - Special Education

Understanding Learning Disabilities: How Difficult Can This Be (VHS)

Author: Video

Publish Date: 1989

Length: 70 minutes

Richard D. Lavoie leads a group of parents, educators, psychologists, and children through a series of exercises that cause frustration, anxiety, and tension; feelings all too familiar to children with learning disabilities. By dramatizing the classroom experience so vividly, Lavoie lets us see the world through the eyes of a child. Later, participants discuss strategies for working more effectively with learning disabled children.

This video comes with the booklet "Understanding Learning Disabilities: Discussion Leader's Guide."

Watch for the Rainbows: True Stories for Educators and other Caregivers of Children with Fetal Alcohol Spectrum Disorders

Author: Frances M.E. Kapp

Publish Date: 2001

Length: 94 pages

We now have the September 2002 revised first edition. This book is a compilation of true stories about children with FAS. The stories are clustered by subjects such as, The Joy of Creativity, Physical Feat Without Fear, Dealing with Stress, Extroverted Children, The Issue of "Lying," and Teaching Strategies.

When Listening Comes Alive

Author: Paul Madaule

Publish Date: 1994

Length: 204 pages

This is a book about listening at all stages of life – for parents-to-be, hard-working professionals, teachers, early childhood educators and parents seeking help for learning disabled children or difficult teenagers. It describes the "Tomatis Listening Method," a series of techniques designed to develop and improve listening skills throughout life.

When Your Child Has LD (Learning Differences): A Survival Guide for Parents

Author: Gary Fisher, Ph.D.

Publish Date: 1995

Length: 144 pages

This book discusses the issues of parents with children struggling with Learning Differences. In clear, understandable language, the authors explain: five types of LD; some possible causes and early signs of LD; ways your child's LD can affect your child's social and emotional well-being, and your family harmony; your child's legal rights – and your rights as a parents of a child with LD; how to advocate for your child, work with the school, and get help outside of school, and more.

Worth the Trip (DVD)

Author: DVD

Publish Date: 2001

Length: 45 min

TBA

Worth the Trip (VHS)

Author:

Publish Date: 1999

Length: 49 minutes

This is a hopeful and practical outline of suggestions for helping children prenatally affected by alcohol. Intended for parents, teachers and any professional working with kids, it is supportive of caregivers and clearly cherishes the children in the process. The video comes with a booklet that offers tips and further advice on working more successfully with these children.

Wrightslaw: Special Education Law (CD-ROM)

Author: CD-ROM

Publish Date:

Length:

This "Complete Reference to Special Education Legal Rights and Responsibilities" shows you what the law says about IEP requirements and IEP teams, evaluations, reevaluations, and independent evaluations, rights and responsibilities of parents and schools, and much more. NOTE: The entire text of this CD ROM is also available as a book of the same title.

Washington State Resource Family Lending Library Catalogue

Education - Special Education

Wrightslaw: Special Education Law, 2nd Edition

Author: Peter W. D. & Pamela Darr Wright

Publish Date: 2006

Length: 410 pages

Full text of the Individuals with Disabilities Education Act of 2004 and IDEA 2004 regulations with analysis and commentary; Section 504 of the Rehabilitation Act; No Child Left Behind Act; Family Education Rights and Privacy Act (FERPA); McKinney-Vento Homeless Act; Decisions in special education cases from the U. S. Supreme Court; References and resources.

Emancipation/Preparation for Adulthood

Aging Out (DVD)

Author: DVD

Publish Date: 2004

Length: 90 min

TBA

Casey Life Skills: Certified End-User Training

Author: Casey

Publish Date:

Length: 33

TBA

Introduction to Independent Living in foster Care: Participants Workbook

Author: Living Resources Independent

Publish Date: 2002

Length: 47 pp

TBA

Introduction to Independent Living in foster Care: Trainners Workbook

Author: Living Resources Independent

Publish Date: 2002

Length: 71 pp

TBA

Kaplan Scholarships, 2009 Edition

Author: Gail Schlachter

Publish Date: 2009

Length: 515 pages

This book features information on programs that offer significant and unrestricted scholarships combined with tips and advice on how to get them. The guide includes:

*A list of scholarships—each worth at least \$1,000--that do not restrict to any one school, and do not require repayment of any kind.

*Detailed summaries on each scholarship's financial data, duration of scholarship, eligibility requirements, and application and contact information.

*Expert tips and advice on how applicants should research their options, set a timetable, apply for the best opportunities, and avoid scholarship scams.

Parenting Children Who May Never Leave Home (CD)

Author: CD

Publish Date: 2002

Length:

This workshop explores the realities of parenting children with disabilities who may never be independent. It presents Canadian and American strategies for finding appropriate services and schooling for children and young adults, advocating for change, and facing the physical and mental realities of aging parents caring for adult children.

Washington State Resource Family Lending Library Catalogue

Emancipation/Preparation for Adulthood

Preparing Youth for Adult Life (VHS)

Author: Ed-Net Series

Publish Date: 1996

Length: 2 hours

A panel consisting of a therapist, an agency director, and an adoptive/foster parent discuss developmental issues for youth ages 11-30, with a focus on the additional developmental tasks adopted and foster youth face. The video will challenge adoptive parents to re-evaluate their views on defining family, honoring birth family connection, educating the community, understanding the tasks and steps that assist youth in moving into adulthood, and the wisdom of independent living at a particular age. This video is intended for parents of adolescents and young adults.

Ready Set Fly: A Parent's Guide to Teaching Life Skills

Author: Casey

Publish Date: 2006

Length: 48 pp

TBA

Taking the Plunge: A Teen's Guide to Independence

Author: Laura Purdie Salas

Publish Date: 2004

Length: 119 pages

This book, in 12 chapters, addresses such topics as establishing a support network, setting goals, school, jobs, housing, transportation, health, safety, responsibility and fun. Information is practical and presented with illustrations, charts, lists and forms that break it down into manageable bytes that are visually appealing.

FASD/Drug Affected

Best I Can Be, The : Living with Fetal Alcohol Syndrome or Effects

Author: Liz Kulp

Publish Date: 2000

Length: 84 pages

Written by Liz, a teenager exposed prenatally to alcohol, and Liz's adoptive mom, Jodee, this book is packed with information, lists of resources, quotes from others, illustrations, and, most prominently, the story of the mother and her daughter who lived through trials, setbacks, and successes. There are journal entries in Liz's hand and several pages of useful appendixes at the end.

Best of Adopted Child: For Parents Adopting Children Affected by Substance or Sexual Abuse

Author: Lois Melina

Publish Date: 1982 to 1997

Length:

This collection of articles from 1982 to 1997 includes pieces on how cocaine and alcohol affect the unborn, hereditary vs. environmental influences on alcoholism, hyperactivity, and the effects and symptoms of sexual abuse.

Best of F.A.S. Times, The

Author:

Publish Date: 1999

Length: 146 pages

This book is a compilation of FAS Times articles over the past 10 years. It is divided into 10 chapters relating to FAS/E. Each chapter is composed of articles pertaining to a particular subject such as History of FAS/E, Identification and Diagnosis of FAS/E, Nurture in the Family, Education and the Student with FAS/E, and Safety and Sanity of Parents and Children.

Birds of a Feather Play Together* (see comment about Children's Materials on Index page)

Author: Marilyn Krueger

Publish Date: 2007

Length: 63 pages

This booklet, put together through a collaboration between two British Columbia organizations, offers ten illustrated activities – simple assembly projects using household items – with instructions and a brief explanation of each activity's beneficial aspects. It is for parents who want hands-on activities with their physically and/or developmentally delayed young children.

Washington State Resource Family Lending Library Catalogue

FASD/Drug Affected

Bruised Before Birth: Parenting Children Exposed to Parental Substance Abuse

Author: Amy Bullock

Publish Date: 1994

Length: 115 pages

If you are parenting a drug/alcohol-exposed child, this book will help you to be your child's best advocate. Parents will find a wealth of information, from the technical (how various substances affect the unborn) to the practical (how to cope and answer children's tough questions). Besides being better informed after reading this, parents will come away with a sense of hope about how they can best help children reach their highest potential.

Challenge of Fetal Alcohol Syndrome, The

Author: Ann Streissguth

Publish Date: 1997

Length: 250 pages

A summary of recent findings and recommendations is presented by the team who conducted the largest study ever done on people of all ages with Fetal Alcohol Syndrome and Fetal Alcohol Effects. Twenty-two experts from the fields of human services, education, and criminal justice respond by describing their solutions to this problem of a birth defect that targets the brain and has lifelong consequences. This book acknowledges the diverse and multifaceted needs of people with FAS/FAE across the lifespan.

Cheers! Here's to the Baby! A birth Mother's Discovery of Fetal Alcohol Syndrome

Author: Linda Belle La Fever

Publish Date: 2000

Length: 250 pages

This book reveals the struggles and heartbreaks of a loving single mother who unknowingly made a terrible mistake that forever altered the potential of her youngest son, Danny. She discovered that it was necessary to educate Danny's teachers and other service providers about his birth defect, even though it was the direct result of her consumption of alcohol during pregnancy.

Children with Prenatal Alcohol and/or Other Drug Exposure: Weighing the Risks of Adoption

Author: Susan Edelstein

Publish Date: 1995

Length: 105 pages

The decision to adopt should be made with thought and care; the decision to adopt a child with prenatal drug exposure involves added challenges. Designed primarily for professionals, this book offers practical suggestions for preparing and working with families considering adoption of a child prenatally exposed.

Damaged Angels: An Adoptive Mother Discovers the Tragic Toll of Alcohol in Pregnancy

Author: Bonnie Buxton

Publish Date: 2004

Length: 298 pages

Part heartfelt memoir, part practical guide, Damaged Angels recounts Bonnie Buxton's struggles to raise an adopted daughter whom she didn't realize was afflicted with Fetal Alcohol Spectrum Disorder. This book offers guidance to parents who have children with FASD and can aid and comfort all those affected by it. Foreword by Sterling Clarren, M.D.

Eden's Secret Journal: The Story of an Older Child Adoption* (see comment about Children's Materials on Index page)

Author: Brenda McCreight

Publish Date: 2003

Length: 59 pages

This fictional journal's title character is a 13-year-old, adopted at age 10, who is writing the journal because her therapist told her to. She talks about her years in foster care, her substance abusing birth parents, and her adoptive parents. Her life is far from perfect, but it is getting better and we learn how she feels about things in her world. Author, Brenda McCreight is a Child & family therapist with more than 20 years experience.

F.A.S. Times

Author:

Publish Date:

Length:

This quarterly newsletter funded by Washington State Department of Social and Health Services, Division of Alcohol and Substance Abuse features articles by its staff and articles reprinted by permission of other publications, national and international.

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FASD/Drug Affected

F.A.S. Times 2005 Fall

Author: Jocie De Vries

Publish Date: Fall 2005

Length: 12 pages

Sent to a family 12/08/05.

F.A.S.: The Early Years (VHS)

Author: Altschul Group

Publish Date: 1997

Length: 20 minutes

Early intervention is the key to helping children with F.A.S. or F.A.E. reach their full potential. Diagnosis and the parent's acceptance of the diagnosis can result in major changes in parent-child interactions. The child is not just being contrary. The parent is not a failure. Viewers learn the importance of developing a routine with the child, communicating feelings, playing and preparing the child for school. Experts explain why children with F.A.S./F.A.E. behave in certain ways and offer advice on how to handle typical situations. (AVAILABLE in SPANISH - "Los Años Preescolares - Series del Síndrome del Alcoholismo Fetal")

F.A.S.: The School Years (VHS)

Author: Altschul Group

Publish Date: 1997

Length: 20 minutes

This program concentrates on the importance of meeting the needs of children with F.A.S. at both the classroom and school district levels. It stresses that students with F.A.S. or F.A.E. are not necessarily mentally retarded but may process information differently. Practical ways of helping these children learn despite their differences are presented. Parents, teachers and other experts offer their views on the importance of getting to know the child's teachers and educating them about the child's needs. Useful for parents and teachers alike. (AVAILABLE in SPANISH - "Los Años Escolares - Series del Síndrome del Alcoholismo Fetal")

Fantastic Antone Grows Up

Author: Judith Kleinfeld

Publish Date: 2000

Length: 361 pages

In this sequel to *Fantastic Antone Succeeds*, young people with FAS/E and their caregivers report on their experiences coping with the problems of adolescence and young adulthood. The editors have concentrated on the wisdom of practice, as they candidly convey which techniques worked and which did not during the difficult passages of the teenage years and beyond.

Fantastic Antone Succeeds: Experiences in Educating Children with Fetal Alcohol Syndrome

Author: Judith Kleinfeld

Publish Date: 1993

Length: 322 pages

Vignettes from parents, teachers and therapists about their experiences with alcohol affected children all point out how these children need to be taught differently and disciplined differently. It offers practical advice about what works and what does not, and it's hopeful, positive and readable and not highly technical.

Fetal Alcohol and Other Drug Effects (VHS)

Author: Diane Malbin

Publish Date: 1999

Length: 4 1-hour tapes

In this four part series, Diane Malbin discusses many facets of the effects of prenatal exposure to drugs and alcohol and the resultant neurodevelopmental disorder. Using charts and numerous anecdotes, she covers in sequence, "Diagnostic Criteria: Effects of Prenatal Exposure"; "Common Learning and Behavioral Characteristics"; "Behaviors and Overlapping Diagnoses"; and "Barriers to Identification: Historical, Cultural, Professional and Personal."

Fetal Alcohol Syndrome: A Guide for Families and Communities

Author: Ann Streissguth

Publish Date: 1997

Length: 275 pages

This is a comprehensive look at FAS including a section on the science of FAS, a section on preparing people with FAS for life in the community, a chapter on diagnosis, and a chapter on guidelines for schools.

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FASD/Drug Affected

Iceberg

Author:

Publish Date:

Length:

This quarterly educational newsletter from Fetal Alcohol Syndrome Information Service (FASIS) bills itself as “for people concerned about fetal alcohol syndrome (FAS) and fetal alcohol effects (FAE)...because the problems we see are only the tip of the iceberg.”

Journey Through the Healing Circle* (see comment about Children's Materials on Index page)

Author: DSHS Division of Licensed Resources Washington State Publish Date: 2000

Length: 4 volumes

Four books, two videos, and four CD-ROMs: These materials are intended for children and young adults from birth to age 22 who live in homes impacted by fetal alcohol exposure and for their parents and caregivers. Each item can be examined by itself. The books are The Little Fox (ages birth to 5); The Little Mask (ages 6-11); Sees No Danger & Wanders Afar (ages 12-17); and Travels in Circles (ages 18-22). In each story, the challenges faced by children with FAS and alcohol related conditions are described and represented through animal characters at the respective stages of development. Through these characters we learn how drinking during pregnancy can cause FAS, how FAS is diagnosed, and the different types of health and developmental difficulties children and young adults may experience. The second section in each book provides practical information and advice for parents and caregivers. The videos, Series I and Series II, cover the same stories as the books and are told by Floyd Red Crow Westerman. Series I covers the first two books and Series II covers the second two books. The CD ROMs are the same as the videos but there is a separate one for each book title. Both videos and CD ROMs come with a discussion guide. Please order these titles separately. See the "Books for Children and Adolescents" section of this list for more detail on each of the four books.

Journey Through The Healing Circle: Video Series I (VHS)

Author: Division of Social and Health Services Washington State Publish Date: 2000

Length:

For young people ages birth to 11: Please see series description, "Journey Through the Healing Circle." This video portrays the stories told in the first two books, "The Little Fox" and "The Little Mask" (see individually under those titles). It comes with a Discussion Guide and Video Overview.

Journey Through The Healing Circle: Video Series II (VHS)

Author: Division of Social and Health Services Washington State Publish Date: 2000

Length:

For young people ages 12-22: Please see series description, "Journey Through the Healing Circle." This video portrays the stories told in the second two books, "Sees No Danger & Wanders Afar" and "Travels in Circles" (see individually under those titles above). It comes with a Discussion Guide and Video Overview.

Little Fox, The: Fetal Alcohol Syndrome (CD-ROM)

Author: Division of Social and Health Services Washington State Publish Date: 2001

Length:

For children five years old and younger: Please see series description, "Journey Through the Healing Circle." This CD-ROM for children five years old and younger, provides a video-telling - in the style of Native American folklore - of the story of Stays in the Moment, a young fox with Fetal Alcohol Syndrome. Additional features include the text of the book and a guide for parents or others reading this book to children who have questions or concerns.

Little Fox, The: Fetal Alcohol Syndrome* (see comment about Children's Materials on Index page)

Author: Division of Social and Health Services Washington State Publish Date: 2000

Length: 42 pages

For children five years old and younger: Please see series description, "Journey Through the Healing Circle." This illustrated book for children five years old and younger, tells the story - in the style of Native American folklore - of Stays in the Moment, a young fox with Fetal Alcohol Syndrome. A second section is a guide for parents or others reading this book to children who have questions or concerns.

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Little Heroes FASD* (see comment about Children's Materials on Index page)

Author: Ira Chasnoff

Publish Date: 2003

Length: 32 pages

This booklet is about children who were born to mothers who used alcohol during pregnancy. Through story and pictures, it is meant to guide parents in talking with their children. In higher functioning children with FASD, these discussions can help them better understand their behavior and the way they feel about themselves. It can help brothers and sisters of a child with FASD be more tolerant of the behaviors that drive them up the wall.

Little Mask, The: Fetal Alcohol Syndrome (CD-ROM)

Author: Division of Social and Health Services Washington State

Publish Date: 2001

Length:

For children ages 6-11: Please see series description, "Journey Through the Healing Circle." This CD-ROM for children ages 6-11, provides a video-telling - in the style of Native American folklore - of the story of Little Mask and Best Day Ever, two young raccoons with Fetal Alcohol Syndrome. Additional features include the text of the book and a guide for parents or others reading this book to children who have questions or concerns.

Little Mask, The: Fetal Alcohol Syndrome* (see comment about Children's Materials on Index page)

Author: Division of Social and Health Services Washington State

Publish Date: 2000

Length: 81 pages

For children ages 6-11: Please see series description, "Journey Through the Healing Circle." This illustrated book for children ages 6-11, tells the story - in the style of Native American folklore - of Little Mask and Best Day Ever, two young raccoons with Fetal Alcohol Syndrome. A second section is a guide for parents or others reading this book to children who have questions or concerns.

Nurture: The Essence of Intervention for Individuals with Fetal Alcohol Syndrome

Author: Victoria/Linda/Jocie McKinney/La Fever/DeVries

Publish Date: 2005

Length: 158 pages

This book profiles, through photographs and descriptive biographical sketches, 56 children and adults medically diagnosed with prenatal exposure to alcohol and 35 parents, birth and adoptive, who care for such children. Its goal is to influence physicians and mental health professionals to diagnose every person with this disability (currently, Fetal Alcohol Syndrome is a clinical diagnosis that applies to only a fraction of those with neurological impairment resulting from prenatal exposure to alcohol).

Our FAScinating Journey: Keys to Brain Potential Along the Path of Prenatal Brain Injury

Author: Jodee Kulp

Publish Date: 2004

Length: 224 pages

This book combines scientific data, personal anecdotes, charts and graphs, quotes, lists, and illustrations to paint a personal picture of and a useful guide to dealing with Fetal Alcohol Spectrum Disorder. Kulp tells of raising her adopted daughter Liz ("The Best I can Be: Living with Fetal Alcohol Syndrome or Effects") and offers advice based on that experience.

Parenting Children Affected by Fetal Alcohol Syndrome: A Guide for Daily Living

Author: Sara Graefe

Publish Date: 1998

Length: 54 pages

This manual from the Society of Special Needs Adoptive Parents in cooperation with the Adoption Council of Canada, provides definitions and facts, common manifestations, common misconceptions, parenting suggestions and guidelines to help parents of children affected by FAS and the professionals who work with them.

Parenting the Medically Fragile/Drug Affected Infant (VHS)

Author:

Publish Date:

Length: 3 hours

This video contains significant information regarding the biological history and symptoms of alcohol/ drug affected infants, interventions that can be used with such medically fragile children, and the poignant story of one child impacted for life by the use of alcohol/ drugs during fetal development. The tape consists of an expert talking about these issues, and though the information is accurate and useful, some viewers may not find the presentation very engaging.

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Prenatal Exposure to Drugs/Alcohol

Author: Jeanette M. Soby

Publish Date: 2006

Length: 149 pages

Divided into three sections, this book for professionals and parents describes the characteristics of youngsters affected by prenatal drug/alcohol exposure and explores strategies to circumvent this damage in order to maximize the individual's remaining strengths. Part 3 describes instructional strategies for the learning and everyday life experiences that these children find challenging.

Raising Resilient Rascals 2008: Disk 3 (DVD)

Author: DVD

Publish Date: 2008

Length: 3 hours

This disk includes the following presentations from the 2008 conference: "Interventions for the Fetal Alcohol Spectrum" with Julia Bledsoe; "Psychiatric Medication Treatments and Their Place in Adoption Medicine" with Margaret Cashman; and a Sleep Discussion & Panel led by Margaret Cashman.

Reaching Out To Children With FAS/FAE

Author: Diane Davis

Publish Date: 1994

Length: 198 pages

Written specifically for those who parent, teach or counsel children with fetal alcohol syndrome and fetal alcohol effects. It discusses causes, the diagnosis of FAS/FAE, and characteristics commonly seen in these kids. It also offers hands-on techniques for establishing guidelines at home and school.

Redefining Success: Raising Children Exposed Prenatally to Alcohol (VHS)

Author: VHS

Publish Date: 2001

Length: 28 minutes

This video profiles five British Columbia families who adopted children prenatally exposed to alcohol. It shows effects of prenatal alcohol exposure on the children's development, behaviors and needs at different ages, and explores some of the myths and stereotypes often associated with FASD. It also shows approaches needed in parenting these children. A user guide is available to encourage thoughtful viewing and promote discussion of the video.

Scrabble Rabble (DVD)

Author: DVD

Publish Date: 2008

Length: 30 minutes.

This DVD is a filmed stage performance in which four actors portray scenarios from "The Game of Life" as though it were a TV game show. It is surreal, funny, sad, and pretty telling about the world of prenatal exposure to alcohol. It demonstrates the dangers of drinking and sex, and the difficulties kids and their parents experience as a result of such exposure.

Sees No Danger & Wanders Afar: Fetal Alcohol Syndrome (CD-ROM)

Author: Division of Social and Health Services Washington State

Publish Date: 2001

Length:

For young people ages 12-17: Please see series description, "Journey Through the Healing Circle." This CD-ROM for young people ages 12-17, provides a video-telling - in the style of Native American folklore - of the story of Sees No Danger and Wanders Afar, two young bears with Fetal Alcohol Syndrome. Additional features include the text of the book and a guide for parents or others reading this book to children who have questions or concerns.

Sees No Danger & Wanders Afar: Fetal Alcohol Syndrome* (see comment about Children's Materials on Index page)

Author: Division of Social and Health Services Washington State

Publish Date: 2000

Length: 112 pages

For young people ages 12-17: Please see series description, "Journey Through the Healing Circle." This illustrated book for young people ages 12-17, tells the story - in the style of Native American folklore - of Sees No Danger and Wanders Afar, two young bears with Fetal Alcohol Syndrome. A second section is a guide for parents or others reading this book to young people who have questions or concerns.

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FASD/Drug Affected

Storm Riders

Author: Craig Lesley

Publish Date: 2000

Length: 339 pages

This novel from the acclaimed Portland novelist follows the challenges and tragedies of Clark Woods, a foster parent who is raising a Native American son, Wade. From the outset it is clear that Wade, born with Fetal Alcohol Syndrome, is not only disabled but disturbed. It vividly portrays a father and a son struggling to come to terms with each other and endeavoring, above all, to come to terms with the truth.

Students Like Me: Teaching Children with Fetal Alcohol Syndrome (VHS)

Author:

Publish Date: 2000

Length: 39 minutes

This video gives elementary and special education teachers a clear understanding of what Fetal Alcohol Syndrome is, how it affects children's learning and behavior, and what can be done to modify classroom environments and teaching methods to allow children with FAS to learn.

Travels in Circles: Fetal Alcohol Syndrome (CD-ROM)

Author: Division of Social and Health Services Washington State

Publish Date: 2001

Length:

For young people ages 18-22: Please see series description, "Journey Through the Healing Circle." This CD-ROM for young people ages 18-22, provides a video-telling - in the style of Native American folklore - of the story of Travels in Circles, a young adult puffin with Fetal Alcohol Syndrome. Additional features include the text of the book and a guide for parents or others reading this book to children who have questions or concerns.

Travels in Circles: Fetal Alcohol Syndrome* (see comment about Children's Materials on Index page)

Author: Division of Social and Health Services Washington State

Publish Date: 2000

Length: 69 pp

For young people ages 18-22: Please see series description, "Journey Through the Healing Circle." This illustrated book for young people ages 18-22, tells the story - in the style of Native American folklore - of Travels in Circles, a young adult puffin with Fetal Alcohol Syndrome. A second section is a guide for parents or others reading this book to young people who have questions or concerns.

Understanding Behaviors of Alcohol/Drug Affected & Neurologically Impaired Children

Author: Diane Malbin

Publish Date: June 3, 2000

Length: 5 hours

From ORPARC with Diane Malbin: Malbin explains why traditional parenting and teaching techniques often fail with children affected by prenatal exposure to drugs or alcohol. She shows parents how to understand and work differently with the behavioral symptoms often exhibited by these children and what strategies and techniques do work and why. Also explored are primary and secondary behaviors and diagnoses that can overlap FAS/E, such as ADHD, Reactive Attachment Disorder, learning disabilities, and Oppositional Defiant Disorder.

Understanding the Occurrence of Secondary Disabilities in Clients with Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE)

Author: University of Washington

Publish Date: 1996

Length: 67 pp

From University of Washington School of Medicine Department of Psychiatry and Behavioral Sciences. This report offers, with graphs, charts, and verbiage, a statistical analysis of a variety of "secondary problems" experienced by clients with FAS/E. Areas analyzed include Mental Health Problems, Disrupted School Experience, Trouble with the Law, Inappropriate Sexual Behavior, Alcohol and Drug Problems, Problems with Employment Over 21 Years, Problems with Parenting, and many others.

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FASD/Drug Affected

Watch for the Rainbows: True Stories for Educators and other Caregivers of Children with Fetal Alcohol Spectrum Disorders

Author: Frances M.E. Kapp

Publish Date: 2001

Length: 94 pages

We now have the September 2002 revised first edition. This book is a compilation of true stories about children with FAS. The stories are clustered by subjects such as, The Joy of Creativity, Physical Feat Without Fear, Dealing with Stress, Extroverted Children, The Issue of "Lying," and Teaching Strategies.

Worth the Trip (DVD)

Author: DVD

Publish Date: 2001

Length: 45 min

TBA

Worth the Trip (VHS)

Author:

Publish Date: 1999

Length: 49 minutes

This is a hopeful and practical outline of suggestions for helping children prenatally affected by alcohol. Intended for parents, teachers and any professional working with kids, it is supportive of caregivers and clearly cherishes the children in the process. The video comes with a booklet that offers tips and further advice on working more successfully with these children.

Gay and Lesbian Issues

Daddy & Papa: A Story About Gay Fathers in America (DVD)

Author: DVD

Publish Date: 2003

Length: 57 minutes

Through the stories of four families, including the filmmaker's own, this film explores the growing phenomenon of gay fatherhood and its impact on American culture. It delves into the particular challenges facing gay men who decide to become dads, including surrogacy, interracial adoption, the complexities of gay divorce, and the battle for full legal status as parents.

Gay Men Choosing Parenthood

Author: Gerald P. Mallon

Publish Date: 2004

Length: 147 pages

This book uses case studies, interviews and research to present an affirming look at gay parenthood. It presents the journey of gay males who have become parents through foster care, adoption and other kinship relationships. Social climate, support service issues, and comparison to heterosexual parenting are explored.

Lesbian and Gay Families: Redefining Parenting in America

Author: Jill S. Pollack

Publish Date: 1995

Length: 106 pages

This book introduces the reader to seven gay or lesbian families. Their firsthand testimony becomes a vehicle for exploring the many roads to parenthood including adoption, alternative insemination, and previous heterosexual relationships. Pollack establishes that love, not heterosexuality, makes a family.

Lesbian and Gay Fostering and Adoption

Author: Stephen Hicks

Publish Date: 1999

Length: 199 pages

This book presents a collection of personal accounts given by singles and couples in Great Britain who have fostered or adopted children. It also includes an editorial essay which examines the many issues involved when lesbians or gay men choose this method of building a family

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Gay and Lesbian Issues

Lesbians and Gay Men as Foster Parents

Author: Wendell Ricketts

Publish Date: 1991

Length: 166 pages

Through facts, arguments and personal stories, Mr. Ricketts diffuses stereotypes and clearly shows both the need for and the goodness of lesbian and gay foster parents. This book will be of immense value to agency administrators, policy makers, social workers, and all members of the helping professions.

Love Makes a Family: Gay Parents in the 90's (VHS)

Author: Remco Kobus

Publish Date: 1991

Length: 16 minutes

By Remco Kobus, Marla Leech, and Daniel Veltri. In this video, we meet a lesbian single mother who shares parenting with the gay father of her son; a lesbian couple who care for one's children by a previous marriage; and a gay male couple with two adopted sons. Also interviewed are a clinical psychologist and a therapist who work with gay families. These appealing case studies provide an affirmation of gay parenting rather than a how-to manual.

Velveteen Father, The

Author: Jesse Green

Publish Date: 1999

Length: 240 pages

Being a parent was not a high priority for acclaimed journalist and novelist Jesse Green, but when, at the age of 37, he fell in love with a man who had recently adopted a baby boy, fatherhood suddenly fell into his lap. In this warm, humorous, deeply personal book, Green recounts the unexpected journey he and his partner traveled together on the road to parenthood.

We Are ... GLBTQ (DVD)

Author: DVD

Publish Date: 2007

Length:

TBA

What if Someone I Know Is Gay? Answers to Questions About Gay and Lesbian People* (see comment about Children's Materials on Index page)

Author: Eric Marcus

Publish Date: 2000

Length: 138 pages

Aimed at teenagers, this book breaks down the stereotypes surrounding homosexuality. Written in question-and-answer form, the author answers real questions from real teenagers about everything from sex to religion. He pushes aside all of the myths and misinformation to help kids understand what being gay is really all about.

Grandparents/Relatives

Assessing Kinship Families

Author: Joseph Crumbley

Publish Date: 1998

Length:

With humor and insight, Dr Crumbley discusses a range of issues faced by families who adopt or foster-parent relatives.

Caregiver Helpbook, The: Powerful Tools for Caregivers

Author: Health System Legacy

Publish Date: 2006

Length: 230 pages

This book is designed to provide caregivers with tools to increase self care and give them confidence in handling difficult situations, emotions and decisions. Topics include tools designed to help caregivers reduce personal stress, communicate feelings and needs, use community services, deal with emotions such as anger, guilt and depression; and make tough caregiving decisions. A Spanish Language edition is also available.

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Grandparents/Relatives

Challenge of Adopting a Relative, The (VHS)

Author: Ed-Net Series

Publish Date: May 2000

Length: 90 minutes

An ORPARC Ed-Net Training: A panel of adoptive grandparents and adoption professionals explore the changing relationships of kinship adoptions, divided loyalties, handling visits, keeping children safe, re-adjusting your dreams, finding the supports you need, and managing stress.

Grandparenting with Love and Logic

Author: Jim, Foster Fay, Cline

Publish Date: 1994

Length: 266 pages

Many of today's grandparents are involved in careers and enjoy active, healthy lifestyles, yet many also face new challenges and concerns. Grandparents themselves, Fay and Cline offer sensible, easy-to-use techniques to help today's grandparents deal with such issues as filling the role of "Mom" and "Dad" for grandchildren; providing day care for grandchildren; acting as a stabilizing force during times of divorce or family upheaval; furnishing temporary living arrangements for an adult child and grandchildren; and blending step grandchildren with biological grandchildren.

Grandparents as Parents

Author: Sylvie de Toledo

Publish Date: 1995

Length: 275 pages

This is a sensitive, practical guide to legal and social services available to you and your new family, and to ways of coping with your new roll and changing family dynamics.

Grandparents Raising Grandchildren (VHS)

Author: Fanlight Productions

Publish Date:

Length: 22 minutes

From Fanlight Productions: This video, which tells the stories of three grandparents who have taken on sole responsibility for raising their children's children, exposes some of the difficulties surrounding this growing phenomenon. Mostly older single women, grandparents are often ineligible for the financial supports available to foster families, yet they may face issues that are enormously complex emotionally as well as financially.

Kinship Care: Relative Caregivers Speak Out (VHS)

Author: Joseph Crumbley

Publish Date: 2004

Length: 24 minutes

A panel of relative caregivers discuss the emotional and transitional issues they and the children experienced as a kinship family; how they establish relationships and authority with the children in their care; approaches they use in helping the children adjust to kinship care and separation from their parents; how they keep the birth parents involved; and the impact incarceration, substance abuse, and the parent's absence has had.

Kinship Care: Teens and Young Adults Speak Out (VHS)

Author: Joseph Crumbley

Publish Date: 2004

Length: 24 minutes

A panel of young people discuss how they felt about living with relatives, and not with their parents; the challenges of accepting their relatives in a parental role; how their parents' incarceration, substance abuse and absence effected them; what explanations were given to them, and how they reacted; what interactions and supports from their birth parents and relatives helped them to adjust; and the challenges to re-uniting with their birth parents and separating from their relatives.

Our Gracie Aunt* (see comment about Children's Materials on Index page)

Author: Jacqueline Woodson

Publish Date: 2002

Length: 30 pages

Intended for kids age 5-9, this book, with expressive watercolor illustrations by Jon J Muth, tells the story of Johnson and his older sister Beebee, children whose mother has left many times before, but never for this many days. A Social worker comes and takes them to stay with their Aunt Gracie whom the children hardly know.

Washington State Resource Family Lending Library Catalogue

Grandparents/Relatives

Raise the Blue: The Practical and Humorous Guide to Foster and Kinship Care

Author: Marcia Sindone

Publish Date: 2004

Length: 397 pages

This book, by an experienced therapeutic foster parent, has chapters on discipline; fostering children age 0-6; fostering age 7-12; fostering teenagers; sexual abuse; protection plans and crisis plans; and more. Though its focus is foster care, it has much to offer adoptive families.

Raising Our Children's Children

Author: Deborah Doucette-Dudman

Publish Date: 1996

Length: 226 pages

This is a book for grandparents about families who have weathered the severest storms and emerged, perhaps not unscathed, but certainly unbowed and ready to help others.

Relatives Raising Children: An Overview of Kinship Care

Author: Joseph Crumbley

Publish Date: 1997

Length: 111 pages

This book provides professionals and organizations the information they need to develop and provide services for kinship caregivers, kinship families, children and parents. Topics discussed are common clinical issues, intervention strategies, legal implications, and policy and program recommendations.

Relatives Raising Children: A Guide to Finding Help and Hope

Author: Marianne Takas

Publish Date: Third Edition
2005

Length: 166 pages

This book is based on what long-term relative caregivers (and family services professionals who work with them) have learned about raising relative children. It is designed to provide useful information, strategies, and ideas, and to help link you with others who can help. Marianne Takas, has worked on behalf of children as an attorney, a youth worker, a parent, and a foster parent.

Second Time Around: Help for Grandparents Who Raise Their Children's Kids

Author: Joan Callander

Publish Date: 1999

Length: 160 pages

This hands-on, how-to book of solid parenting skills is a pleasurable blending of practical information, true stories, and letters to Zach, letters that are honest, loving, funny, and touching. It tells a story the Milwaukie, Oregon-resident author has lived, based on her daughter and grandson and her search for healing for her family.

To Grandma's House We ... Stay

Author: Sally Houtman

Publish Date: 1999

Length: 185 pages

This book is a road map to guide grandparents through the uncharted territories of parenting a second generation of children. It offers practical solutions to real-life problems that families face when traditional roles and relationships are redefined. Houtman takes grandparents by the hand and leads them; through the obstacle course of emotions, conflicts and social considerations that many would otherwise face alone.

Grief and Loss

Adopted Teens Only: A Survival Guide to Adolescence* (see comment about Children's Materials on Index page)

Author: Danae Gorbett

Publish Date: 2004

Length: 78 pages

This guide for adopted teens addresses issues that parents are often reluctant or unable to discuss with their teenagers: what feelings and thoughts are common to the adoptive experience; what adoptive parents feel; what birth parents feel; what emotional issues are connected with search and reunion; and how to talk to parents about adoption questions.

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Grief and Loss

Adoption Healing: A Path to Recovery

Author: Joe Soll

Publish Date: 2000

Length: 189 pages

In this book, the author, a psychotherapist, lecturer, former university professor, founder and director of Adoption Crossroads, Adoption Counseling Center, and New York State Adoption Agency Task Force, and himself an adoptee, presents the world of adoption from his own unique perspective, offering myths, facts, exercises, and quotes to augment chapters on a wide range of adoption related issues.

Adoption Mystique, The

Author: Joanne Wolf Small

Publish Date: 2007

Length: 181 pages

Much of what's been written and said about adoption—the definitions, myths, interpretations, and so on—was generated by non-adopted persons, and often without benefit of adopted person's input. This book was written by an adopted person who hopes to paint a picture of the social welfare system that contrasts with the traditional view and sheds a new light on the situation.

Adoption Reader, The: Birthmothers, Adoptive Mothers and Adopted Daughters Tell Their Stories

Author: Susan Wadia-Ells Edited by

Publish Date: 1995

Length: 272 pages

These 31 personal essays and stories by women from each side of the adoption triangle are informed by the contemporary adoption movement and raise timely issues that illustrate its complexity, including the birth record debate, open and closed adoption, transracial and cross-cultural adoption, the experience of biracial adoptees, adoption by lesbian couples, etc.

Adoption Trilogy, The: Three films by Jean Strauss (DVD)

Author: Jean Strauss

Publish Date: 2006

Length: 46 minutes

"Holding Hands", 2006, examines the relationship between Strauss and her brother, Bobby. Separated through adoption and reunited as adults, Strauss was with her brother when he died. The film addresses the issue of lifelong sibling severance in adoption and foster care. Multi-award winning short, "The Triumvirate" 2004, tells the story of Strauss's reunion with her birthmother and birth grandmother. "Vital Records" 2005, was created to help legislators understand the debate on legislation which would provide access for adoptees to their original records.

Adoption Wisdom: A Guide to the Issues and Feelings of Adoption

Author: Marlou Russell

Publish Date: 1996

Length: 185 pages

This book combines quotations from birth parents, adoptive parents and adoptees with brief observations from the author, a psychologist and adoptee, herself, in reunion with her birth family. In chapters with such titles as "The Adoption Triad," "Basic Truths of Adoption," "Loss and Grief in Adoption," "Search and Reunion," "Before Choosing Adoption," and others, this book sheds a unique light on the world of adoption through the commentary of those who live that world every day.

Being Adopted: The Lifelong Search for Self

Author: David Brodzinsky

Publish Date: 1992

Length: 193 pages

This book, based on Eric Erikson's seven stage life cycle model, will open doors for adoptees who at one time or another have wondered why they felt a particular way and had no place to turn for the answer. * There is a hard cover and a paperback.

Washington State Resource Family Lending Library Catalogue

Grief and Loss

Beneath the Mask: Understanding Adopted Teens

Author: Debbie, John Riley, Meeks

Publish Date: 2005

Length: 207 pages

This book offers parents and professionals a wealth of case histories; and treatment resources and therapy tools. Parents will discover the 6 most common adoption "stuck-spots;" a deeper understanding of identity, abandonment, grief and loss, and relinquishment issues - and how they affect personal and family development; and how therapy may help the adoptive family learn and grow together.

Beneath the Mask: Understanding Adopted Teens (CD)

Author: Debbie Riley

Publish Date: 2007

Length: 90 minutes

NACAC Conference presenter Debbie Riley addresses complexities of adolescence for the adopted teen – identity, abandonment, grief and loss, relinquishment – and how adolescence affects personal and family development. Discover six common adoption “stuck-spots,” a step-by-step assessment on adoption, clinical intervention strategies, and therapy tools.

Child's Journey Through Placement, A

Author: Vera Fahlberg

Publish Date: 1991

Length: 394 pages

Some children wander in and out of foster care, mental health facilities, and juvenile justice programs throughout their childhoods. This book provides the foundation of resources and tools to help professionals and parents support these children as they grow. While a bit technical and "social worky," it helps families understand why kids move and how their moves affect them. Though lacking in information on fetal alcohol effects, it is, overall, very helpful with good information about transitions.

City of One: A Memoir

Author: Francine Cournos

Publish Date: 1999

Length: 253 pages

A distinguished psychiatrist and professor of clinical psychiatry at Columbia University, writes of her childhood in foster care (her father died when she was three, her mother when she was eleven, and her aunts and uncles would not take her or her siblings). It interweaves a tale of loss, abandonment, and despair bordering on hopelessness with a tale of a journey to wholeness.

Eden's Secret Journal: The Story of an Older Child Adoption* (see comment about Children's Materials on Index page)

Author: Brenda McCreight

Publish Date: 2003

Length: 59 pages

This fictional journal's title character is a 13-year-old, adopted at age 10, who is writing the journal because her therapist told her to. She talks about her years in foster care, her substance abusing birth parents, and her adoptive parents. Her life is far from perfect, but it is getting better and we learn how she feels about things in her world. Author, Brenda McCreight is a Child & family therapist with more than 20 years experience.

Fall of Freddie the Leaf, The* (see comment about Children's Materials on Index page)

Author: Leo Buscaglia

Publish Date: 1982

Length: 27 pages

This book, illustrated with color photographs, tells the story of Freddie, a leaf on a tree, and his companions, who change with the passing seasons and the coming of winter. It is intended to help children or anyone come to grips with death and life.

Washington State Resource Family Lending Library Catalogue

Grief and Loss

First Person Plural (VHS)

Author: Deann Borshay Liem

Publish Date: 2000

Length: 1 hour

This award winning documentary tells the story of its writer, producer, director, Deann Borshay Liem, who in 1966, was adopted by an American family and sent from Korea to her new home in California. Along the way, the memory of her birth family was nearly obliterated by time and misinformation, but recurring dreams led her to discover the truth: her Korean mother was very much alive. Bravely uniting her biological and adoptive families, Borshay Liem's heartfelt journey makes First Person Plural a poignant essay on family, loss, and the reconciling of two identities.

Grief Recovery Handbook, The: The Action Program for Moving Beyond Death Divorce, and Other Losses

Author: John W. and Russell Friedman James

Publish Date: 1998

Length: 166 pages

This book, for those who are grieving any kind of loss, offers a gentle action plan and provides direction during a difficult, confusing and often disorienting time. It is divided into three parts, "Seeing the Problem," "Preparing for Change: Starting to Recover," and "Finding the Solution."

Heart Knows Something Different, The: Teenage Voices from the Foster Care System* (see comment about Children's Materials on Index page)

Author: Al Desetta

Publish Date: 1996

Length: 211 pages

Divided into four sections, "Family," "Living in the System," "Who Am I," and Looking to the Future," the more than three dozen personal narratives here were written by young people, ages 15 to 20, who have lived in the foster care system. These less often heard voices might provide insight to parents and professionals, and a sense of normalcy and community to adopted adolescents.

Helping Children Cope with Separation and Loss

Author: Claudia Jewett Jarratt

Publish Date: 1982

Length: 226 pages

This step-by-step guide for any concerned adult offers warm advice, specific techniques and innovative ideas for helping children overcome the sadness, anger and anxiety resulting from divorce, death, absence, adoption, foster care, and sibling loss.

Helping Children of Divorce and Adopted Children with Emotional Problems (2-VHS)

Author: Michael Katz

Publish Date:

Length: 4 hours

In this two-tape program, Dr Katz describes behaviors that frequently occur, explains how emotional problems develop and how they produce behavioral problems, demonstrates appropriate responses and positive interventions that help children form healthy attachments, teaches specific ways to help children learn positive behaviors and responses to an often frustrating world, and shows how to reinforce verbal ideas with concrete, real life, experiences.

Lifebooks: Creating a Treasure for the Adopted Child

Author: Beth O'Malley

Publish Date: 2002

Length: 92 pages

This book, expanded from her 2000 issue, presents information on what lifebooks are, why they are so important, and how to proceed with them from just about any standpoint. O'Malley includes a 58 page chapter on the "Essentials." It is all written in a touching, personal manner by someone who spent her first five months in foster care before becoming adopted and eventually started a career as an adoption worker.

Washington State Resource Family Lending Library Catalogue

Grief and Loss

Living with an Angry Child (2 audiotapes)

Author: Holly van Gulden

Publish Date: 2002

Length:

Adopted children struggling with unresolved loss or poor attachment often exhibit acute episodes of rage and chronic or intermittent patterns of passive-aggressive non compliance. These behaviors can and do trigger angry responses – sometimes even rage – in parents and siblings. This double workshop with Holly van Gulden analyzes anger and rage, and offers techniques for avoiding continual battles, managing healthy anger resolution, de-escalating rage episodes, and establishing a healthy, joyful family environment.

Living with an Angry Child (3 CDs)

Author: Holly van Gulden

Publish Date:

Length:

Adopted children struggling with unresolved loss or poor attachment often exhibit acute episodes of rage and chronic or intermittent patterns of passive-aggressive non compliance. These behaviors can and do trigger angry responses – sometimes even rage – in parents and siblings. This double workshop with Holly van Gulden analyzes anger and rage, and offers techniques for avoiding continual battles, managing healthy anger resolution, de-escalating rage episodes, and establishing a healthy, joyful family environment.

Mulberry Bird, The: An Adoption Story* (see comment about Children's Materials on Index page)

Author: Ann Braff Brodzinsky

Publish Date: 1996

Length: 44 pages

Revised in 1996 from the 1986 version, and with color illustrations, this book tells the story of a mother bird whose best efforts to care for her young chick fall continually short of keeping him safe. So she goes to Owl who helps her find another family for her baby. He adapts well to the new environment, but he also deals with questions and issues related to his adoption.

Nutmeg Gets Adopted* (see comment about Children's Materials on Index page)

Author: Judith Foxon

Publish Date: 2001

Length: 22 pages

(Ages 4-8) A little squirrel goes to live with a new family because his birth mother cannot keep him safe. This book encourages children to explore their own stories and understand some of the painful memories they might have of their early life. Illustrated by Sarah Rawlings, it is intended to be read to children by their adoptive parents. A removable "Practice Guidelines" section offer suggestions and triggers for further discussion which can be developed to suit the needs of each child.

Nutmeg Gets Cross* (see comment about Children's Materials on Index page)

Author: Judith Foxon

Publish Date: 2002

Length: 22 pages

Ages 4-8 Nutmeg, a small red squirrel, adopted with his younger sister and brother, is having a hard day. It's his birthday and he gets a card from his birth mom, but his joy is mixed with anxiety and confusion. This story offers a practical way to identify, explore and understand painful feelings that are likely to surface following adoption - often triggered by seemingly happy events such as birthdays or contact with birth siblings, but also by problems at school such as bullying and being behind. A removable "Practice Guidelines" section offer suggestions and triggers for further discussion which can be developed to suit the needs of each child.

Ocean Within, The* (see comment about Children's Materials on Index page)

Author: V.M. Caldwell

Publish Date: 1999

Length: 275 pages

In this novel for adolescents, 11-year-old Elizabeth is the newest member of the big and boisterous Sheridan family. They try to make her feel at home, but Elizabeth stays apart. She knows from experience in foster homes that one day she'll be sent away. It's only a matter of time before a showdown between Elizabeth and the grandma she calls "Iron Woman" ensues.

Washington State Resource Family Lending Library Catalogue

Grief and Loss

Primal Wound, The: Understanding the Adopted Child

Author: Nancy Newton Verrier

Publish Date: 1993

Length: 222 pages

By applying information about pre-and perinatal psychology, attachment, bonding, and loss, this book clarifies the effects on adopted children of separation from the birthmother. It also gives those children, whose pain has long been unacknowledged or misunderstood, validation for their feelings, as well as explanations for their behavior. The insight it brings to the experience of abandonment and loss will contribute to the healing of adoptees, their adoptive families, and birthparents.

Psychology of Adoption, The

Author: David M. Brodzinsky

Publish Date: 1990

Length: 347 pages

This highly technical book explores theoretical perspectives on adoption adjustment, research and clinical issues, as well as social policy and casework issues in adoption. It brings together the work of researchers and practitioners in the fields of psychiatry, developmental and clinical psychology, and social work in the field of adoption.

Real Parents, Real Children: Parenting the Adopted Child

Author: Holly van Gulden

Publish Date: 1997

Length: 262 pages

This book offers insight into how adopted children commonly think and feel about being adopted. It explains how and why they grieve for their birth parents and suggests ways that adoptive parents can help them come to a healthy resolution of this grief.

Reflection Pond

Author: Jaiya John

Publish Date: 2007

Length: 228 pages

Through allegory and parable, poetry and prose, Jaiya John, author of *Black Baby White Hands*, draws from the natural world around us to unveil the magical inner life of children and youth. Here is a revelatory positioning of the human mirror.

Separation & Loss Issues for Foster & Birth Families (DVD)

Author: DVD

Publish Date: 2003

Length: 80 minutes

The pain of separation and loss is the universal experience of every foster child. Dr. Fahlberg talks with foster parents, foster teenagers, and adults who spent their teen years in foster care. They offer insight on how to lessen the impact of transition and strengthen a child's relationship with both foster and birth parents. Includes: 14-page Discussion Guide and review quiz.

Seven Core Issues in Adoption, The (DVD)

Author: Sharon Kaplan & Deborah N. Roszia & Silverstein

Publish Date: 1989

Length: 2 hours

Adoption is a life long, inter-generational process, which unites birth parents, adoptees and adoptive parents forever. It triggers seven lifelong issues for all triad members -- grief, rejection, guilt, loss, identity, control, and intimacy. Recognizing these similarities, triad members and professionals can reduce the adversarial nature of adoption and improve understanding.

Tear Soup, a Recipe for Healing (DVD)

Author: DVD

Publish Date: 2006

Length: 17 Min

TBA

Washington State Resource Family Lending Library Catalogue

Grief and Loss

Tear Soup: A Recipe for Healing after Loss* (see comment about Children's Materials on Index page)

Author: Pat and DeKlyen, Chuck Schwiebert

Publish Date: 1999

Length: 51 pages

This book, illustrated by Taylor Bills, is written in the style of a children's book, and indeed it could be shared with young children, but it appears to be directed at adults as well. Using the extended metaphor of making soup for processing grief, the authors and illustrator offer a wide ranging approach to the process from many possible perspectives. It is followed by two pages of on-line support sites.

Three Little Words: A Memoir

Author: Ashley Rhodes-Courter

Publish Date: 2008

Length: 304 pages

The 22-year-old author of this memoir spent nine years of her life in fourteen different foster homes, one of which was very abusive, while her birth mother spiraled out of control. Now a college graduate and an advocate for adoption and foster care reform, hers is a story of encouragement to anyone who wonders how he or she will endure.

Toddler Adoption: The Weaver's Craft

Author: Mary Hopkins-Best

Publish Date: 1997

Length: 247 pages

Most often, children are joining their permanent, adoptive families past the age of infancy but not yet as "older children." This book covers many aspects of adopting and parenting these young children: the decision whether or not to adopt; preparation and education; forming attachments; behavior management; and more. Until now, few written resources have been available to discuss this special age -- the toddler.

Twenty Things Adopted Kids Wish Their Adoptive Parents Knew

Author: Sherrie Eldridge

Publish Date: 1999

Length: 211 pages

This book, written by a woman who was adopted, herself, gives voice to children's unspoken concerns and shows adoptive parents how to free their kids from feelings of fear, abandonment and shame. Eldridge reveals twenty complex emotional issues you must understand to nurture the child you love.

Understanding and Helping Adopted and Foster Children with Emotional Problems (VHS)

Author: Michael Katz

Publish Date: 1990

Length: 4 hours

Many adopted and foster children have behavior problems that do not respond to traditional parenting. This video explains how underlying emotional problems involving attachment, identity, values, developmental delays, and anger produced by painful experiences sometimes not consciously remembered, can be the major causes. A variety of methods for reducing these behaviors are demonstrated.

Unlocking the Heart of Adoption: Bridging the gap between birth and adoptive families (DVD)

Author: Sheila Ganz DVD

Publish Date: 2005

Length: 57 minutes

This DVD chronicles the filmmaker's journey as a birthmother, interwoven with diverse personal stories of adoptees, birthparents and adoptive parents in both same race and transracial adoptions. It examines relinquishment, growing up adopted, raising an adopted child, years of silence and shame, and searching for answers to unasked questions. In the process, we learn what the universal issues of "identity" "loss" and "needing to know the truth" mean to these people.

What Children Need When They Grieve

Author: Julia Wilcox Rathkey

Publish Date: 2004

Length: 199 pages

This Book explores the scope of a child's reactions to death, including grief and fear. It gives advice on how to talk to your child and how to recognize their need for privacy and what adults should do and refrain from doing. Rathkey explains the four essentials that every grieving child needs: routine, love, honesty, and security.

Washington State Resource Family Lending Library Catalogue

Grief and Loss

Whose Child? An Adoptee's Healing Journey From Relinquishment Through Reunion . . . and Beyond

Author: Kasey Hamner

Publish Date: 2000

Length: 292 pages

This is the author's adoption story in terms of its effect on her life, her relationships, her self-esteem, and her use of food and other substances; and how her reunion with her birth family helped heal her wounds.

Why Didn't She Keep Me? Answers to the Question Every Adopted Child Asks

Author: Barbara Burlingham-Brown

Publish Date: 1994

Length: 169 pages

These twenty stories from birth mothers in their own words might provide insight and reassurance to any adoptee. We might not know what your birthmother's story is, but here are some of the reasons why mothers have chosen adoption for their children.

International

At Home in this World ... A China Adoption Story* (see comment about Children's Materials on Index page)

Author: Jean MacLeod

Publish Date: 2003

Length: 15 pages

This book is a reflection of a pre-adolescent girl on what she knows of her adoption from China, and the strength she gains from her acceptance and experience. It addresses the underlying feelings and emotions that a China adoptee experiences and enables pre-teen readers to put their early lives into perspective, while emphasizing the supportive love that encircles them within their own families.

Coffee Can Kid, The* (see comment about Children's Materials on Index page)

Author: Jan M. Czech

Publish Date: 2002

Length: 24 pages

This is a story about a story. Six-year old Annie asks her adoptive father to tell her again about her Korean birthmother and how she came to be adopted. While Annie listens to her father, the coffee can becomes, in her hands, alternately a drum, a shaker and a chest containing a dear treasure.

Cross-Cultural Adoption: How to Answer Questions from Family, Friends, and Community

Author: Amy and Caryn Coughlin and Abramowitz

Publish Date: 2004

Length: 148 pages

This book, geared toward families who have adopted internationally, might offer insights to families who have adopted US kids. The first chapter "The Questions Kids Ask," presents 18 typical questions with ideas for answering them on both a little kid level and on a more mature level. The second chapter, "Do's and Don'ts for Grown-Ups," offers just that. The final chapter gives factual information about 8 countries.

Dim Sum, Bagels, and Grits: A Sourcebook for Multicultural Families

Author: Myra Alperson

Publish Date: 2001

Length: 183 pages

This book, for families adopting multiculturally, offers personal as well as professional insights into such topics as combining cultures, confronting prejudice, developing role models, and locating multicultural resources. It contains a 47-page list of publications and a 33-page list of "Goods and Services."

Families Are Different* (see comment about Children's Materials on Index page)

Author: Nina Pellegrini

Publish Date: 1991

Length: 26 pages

Nico doesn't like looking different than her parents, who adopted her from Korea, until her mother points out that there are "different kinds of families . . . glued together" by love. Soon Nico starts to notice the differences in the families she sees. Now she doesn't feel so bad. She's just like everyone else – she's different!

Washington State Resource Family Lending Library Catalogue

International

Happy Adoption Day* (see comment about Children's Materials on Index page)

Author: John and Julie McCutcheon and Paschiks

Publish Date: 1996

Length: 24 pages

This illustrated book for young children is written in verse and presents images of a happy family who has adopted internationally. It is based on a song by John McCutcheon which can be found, among other songs, on the audiotape "Celebration of Family," which is also available in our library.

I Love You Like Crazy Cakes* (see comment about Children's Materials on Index page)

Author: Rose Lewis

Publish Date: 2002

Length: 23 pages

This book for very young children, warmly illustrated by Jane Dyer, tells the story of an American woman's adoption of a baby girl from a Chinese orphanage. All runs smoothly for both.

Sister for Matthew, A* (see comment about Children's Materials on Index page)

Author: Pamela and Amy Kennedy and Wummer

Publish Date: 2006

Length: 28 pages

This illustrated book tells of Mathew, a young boy whose parents decide to adopt a baby girl from China. At first Matthew doesn't know if he likes the idea. Things are fine the way they are, his friend has a little sister "and she was a pain." Furthermore, he worries that his parents are adopting because they aren't happy with him. Eventually he comes around and likes the idea of an adopted younger sister.

Understanding Southeast Asian Cultures

Author: Chareundi Van-Si

Publish Date: 1992

Length: 94 pages

This book for professionals, examines the cultures of Indochina (Vietnam, Cambodia, and Laos) and how they differ from Western culture. Chapters include, "Historical Background," "General Cultural Traits and Implications," "Cultural Values in Comparison," "Identifying Indochinese Names," "Offensive Behaviors: Do's and Don'ts," "Culturally Sensitive Approaches," etc.

We See the Moon* (see comment about Children's Materials on Index page)

Author: Carrie A. Kitze

Publish Date: 2003

Length: 30 pages

This book is designed to help adopted children talk and ask questions about their birthparents, using the moon as an imaginative tool to help them connect to their feelings. The book is affirming of both adoptive and birth families. Jinshan Peasant Paintings from China provide colorful illustrations.

Legal Issues

Wrightslaw: Special Education Law (CD-ROM)

Author: CD-ROM

Publish Date:

Length:

This "Complete Reference to Special Education Legal Rights and Responsibilities" shows you what the law says about IEP requirements and IEP teams, evaluations, reevaluations, and independent evaluations, rights and responsibilities of parents and schools, and much more. NOTE: The entire text of this CD ROM is also available as a book of the same title.

Washington State Resource Family Lending Library Catalogue

Lifestory Books

Child's Own Story, The: Life Story Work with Traumatized Children

Author: Richard Rose

Publish Date: 2005

Length: 143 pages

A practice-focused guide to life story work, it shows how this effective tool can be used to help young people recover from abuse and make sense of a disrupted upbringing in multiple homes or families. Though some sections apply more to the system in Great Britain, where it was written, it is a resource for social workers, child psychotherapists, residential care staff, long-term foster parents and other professionals working with traumatized children.

Complete Lifebook Workbook, The

Author: Jim Mooney, MSW

Publish Date: Nov 1996

Length: 52 pages

This book serves as an example of one way a lifestory book might be organized. Many of the pages are in fill-in-the-blanks format. There are pages to be filled in about birth family, foster families, and adoptive family; about birthdays, school memories, etc. There is also information to normalize many of the reasons that children might be adopted. Purchasing information is on the inside cover for those who would like to buy this book to fill in the blanks.

Filling in the Blanks* (see comment about Children's Materials on Index page)

Author: Susan Gabel

Publish Date: 1980

Length: 149 pages

This lifebook/workbook is a tool for older children and adolescents to help them learn about being adopted. It is divided into four sections: My Birth Family, My Adoption Process, My Adoptive Family, and Myself.

Foster Care and Adoption: A Pathway to Understanding* (see comment about Children's Materials on Index page)

Author: Heather Wilson

Publish Date: 2006

Length: 64 pp

The book is a unique interactive, illustrative and educational book created to help children de-mystify the process and their feelings as they move into foster care and adoption. It is an engaging tool to help children understand the people and steps involved in their transition to permanency. Ideally, the book is used by a clinician or caseworker in therapy with a child.

I Don't Understand Why: A Search for Meaning (DVD)

Author: DVD

Publish Date: 2005

Length: 12 minutes

This documentary shows interviews with Jimmy, an adopted child with behavior difficulties, at age 8 and later, in his twenty's when he has two kids of his own. He talks about the importance to him of his lifebook, which includes school reports and a letter from his birth mother, in helping him understand his past and form a positive sense of identity.

Life Story Books for Adopted Children: A Family Friendly Approach* (see comment about Children's Materials on Index page)

Author: Joy Rees

Publish Date: 2009

Length: 88 pages

This book shows a new, family-friendly way to compile a "Life Storybook" that promotes a sense of permanency for the child, and encourages attachments within the adoptive family. Clear and concise, it contains simple explanations of complex concepts, practical examples and helpful suggestions, aiming to reinforce the child's sense of belonging and security within the adoptive family.

Lifebooks and Family Trees: Tools to Help Children Understand Their Stories (CD)

Author: NACAC Conference 2006 CD

Publish Date: 2006

Length: 90 minutes

A lifebook is a hands-on tool for talking about foster care or adoption and commemorates the child's journey to the current family. Losses and joys, accomplishments and loved ones dance across its pages. Adoption-friendly family trees equip the child for typical school projects. This interactive workshop examines why, how, and when to assemble a lifebook in a way that helps the child to understand and discuss adoption or foster care.

Washington State Resource Family Lending Library Catalogue

Lifestory Books

Lifebooks: Creating a Treasure for the Adopted Child

Author: Beth O'Malley

Publish Date: 2002

Length: 92 pages

This book, expanded from her 2000 issue, presents information on what lifebooks are, why they are so important, and how to proceed with them from just about any standpoint. O'Malley includes a 58 page chapter on the "Essentials." It is all written in a touching, personal manner by someone who spent her first five months in foster care before becoming adopted and eventually started a career as an adoption worker.

Lifestory Books

Author: ORPARC Staff

Publish Date: 2003

Length: 45 pages

(Available December 2009)

This 45-page information packet is a compilation of Lifestory Book material. The contents include articles, helpful tools, and resources.

Putting the Pieces Together: Lifebook Work with Children (DVD)

Author: DVD

Publish Date: 2007

Length: 64 minutes

This DVD provides the what, when, how, who and why of building lifebooks. Through interviews with adoptees, adoptive parents, and professionals, it demonstrates what lifebooks are, what they are not, and what they should include; when and how to get started; who should contribute; and most importantly; why they are so indispensable in the lives of adopted and foster children.

Telling the Truth to Your Adopted or Foster Child: Making Sense of the Past

Author: Betsy Keefer

Publish Date: 2000

Length: 223 pages

The goal of this book is to equip parents with the knowledge and tools they will need for a lifetime as they communicate with their adopted or foster child about the complex, troubling, and often painful aspects of his or her fragmented past. It is designed to meet the informational and practical needs of adoptive and foster parents of either domestic or international origin, with or without special needs. It is also intended for adoption professionals, mental health professionals, school teachers, and other professionals who work with adopted and foster children.

This is Me: Memories to Gather and Keep

Author: Susan Pierce

Publish Date: 2001

Length: 110 pages

This expandable book serves as an example of one way a lifestory book might be organized. Most of the pages are blank with lines or blank forms to be filled in as information is gathered or as the child grows. There are pages to be filled in about birth family, foster families, and adoptive family; about birthdays and school memories. There is purchasing information for those who would like to have this book to fill in the blanks. Can be purchased in specific foreign adoption editions.

Medical Issues

Parenting the Medically Fragile/Drug Affected Infant (VHS)

Author:

Publish Date:

Length: 3 hours

This video contains significant information regarding the biological history and symptoms of alcohol/ drug affected infants, interventions that can be used with such medically fragile children, and the poignant story of one child impacted for life by the use of alcohol/ drugs during fetal development. The tape consists of an expert talking about these issues, and though the information is accurate and useful, some viewers may not find the presentation very engaging.

Washington State Resource Family Lending Library Catalogue

Medical Issues

Raising Resilient Rascals 2008: Disk 3 (DVD)

Author: DVD

Publish Date: 2008

Length: 3 hours

This disk includes the following presentations from the 2008 conference: “Interventions for the Fetal Alcohol Spectrum” with Julia Bledsoe; “Psychiatric Medication Treatments and Their Place in Adoption Medicine” with Margaret Cashman; and a Sleep Discussion & Panel led by Margaret Cashman.

Straight Talk about Psychiatric Medications for Kids

Author: Timothy E. Wilens

Publish Date: 2004

Length: 264 pages

Dr. Timothy Wilens provides essential guidance for parents facing tough choices about whether or not to give a child medication for emotional or behavioral problems. Packed with frequently asked questions, examples, and charts, the book explains which medications are prescribed for kids and why; their effects on health, emotions, and school performance; how to maximize the benefits; and when to consider other treatments instead.

Straight Talk about Psychiatric Medications for Kids (revised 2004)

Author: Timothy Wilens

Publish Date: 2004

Length: 264 pages

Dr. Timothy Wilens provides essential guidance for parents facing tough choices about whether or not to give a child medication for emotional or behavioral problems. Packed with frequently asked questions, examples, and charts, the book explains which medications are prescribed for kids and why; their effects on health, emotions, and school performance; how to maximize the benefits; and when to consider other treatments instead. A special 2005 supplement advises parents on the issues surrounding the FDA "black box" warning on SSRIs for depression in children and teenagers.

Uncommon Voyage: Parenting a Special Needs Child

Author: Laura Kramer

Publish Date: 2001

Length: 245 pages

This book is a true story of one woman's journey from innocence and denial to enlightenment and empowerment. Through detailed journaling, Kramer recounts the steps she and her family have taken since her son was diagnosed with cerebral palsy in 1984.

Mental Health Issues

Family Dynamics in Individual Psychotherapy

Author: Ellen Wachtel

Publish Date: 1986

Length: 243 pages

Addressed to clinicians who do insight-oriented therapy, to family therapists who wish to work with individuals, and to students in these fields, this volume presents specific family systems methods that can be adapted to more traditional psychotherapy, and a theoretical perspective that reconciles family systems approaches with individual psychodynamics.

Foster Parent College: Fire-Setting

Author: DVD

Publish Date: 2003

Length: 2 Hrs

Rick Delaney gives parents a clear understanding of four types of fire-setting problems with children – silent but deadly, impulsive, disturbed, and accidental or curious – and presents some unique and effective ways parents can respond.

Freeing Your Child from Anxiety

Author: Tamar E. Chansky

Publish Date: 2004

Length: 298 pages

This book offers practical solutions to overcome your child's fears, worries, and phobias. It examines all manifestations of childhood fears, including social anxiety disorder, Tourette's syndrome, hair-pulling, and obsessive-compulsive disorder. It guides you through a program to help your child back to emotional safety.

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Mental Health Issues

Raising a Moody Child: How to Cope with Depression and Bipolar Disorder

Author: Mary and Jill Arnold Fristad

Publish Date: 2003

Length: 246 pages

Bipolar illness and depression can derail a child's normal development at any age. With sage advice to parents (and kids) that "it's not your fault, but it's your challenge," the authors provide a roadmap and a toolkit of strategies for families facing these complicated, heritable, and treatable medical disorders.

Raising Your Spirited Child

Author: Mary Kurcinka

Publish Date: 1991

Length:

Spirited kids are, in fact, simply "more"--by temperament, they are more intense, sensitive, perceptive, persistent, and uncomfortable with change than the average child. Distinguished here from hyperactive children, Mary Sheedy Kurcinka offers parents emotional support and proven strategies for handling their spirited child.

Residential Treatment: A Tapestry of Many Therapies

Author: Vera Fahlberg

Publish Date: 1990

Length: 304 pages

This book clearly identifies a framework for professionals and parents considering any residential placement for a child whether the child is with his birth family, foster family, or adoptive family.

Right Fit, The: Finding Effective Help for Families with Attachment Challenged Children (CD)

Author: CD

Publish Date: 2008

Length:

In this audio program, Juli Alvarado, at Coaching for Life, (www.coaching-forlife.com), interviews Jennifer Winkelmann. Juli speaks from her role as a mother to foster and biological children, seeking information for parents on finding the right kind of help for children with attachment challenges. Jen and Juli discuss how to find an effective therapist and equip parents and professionals with the keys to successful treatment.

Using Self-Psychology in Child Psychotherapy

Author: Jule Miller

Publish Date: 1996

Length: 358 pages

Emphasizing the fragility of the developing self and the need for empathic parenting figures, Dr. Miller extends the psychodynamic theories of Heinz Kohut to child psychotherapy. Miller describes the powerful creative forces that push toward healthy self-development and brings Kohut's theory of the self to the treatment of children and adolescents, enabling parents and therapists to apply healing to the child's "self" while it is still in the process of forming.

Why Isn't Johnny Crying?: Coping with Depression in Children

Author: Donald H. Jr. McKnew

Publish Date: 1983

Length: 167 pages

The authors have identified and classified the problems associated with depression in young people and have outlined approaches to help treat and relieve even hopeless feelings.

Miscellaneous

Adoption in America: Historical Perspectives

Author: Wayne Carp

Publish Date: 2002

Length: 240 pages

This collection of essays by various writers examines adoption from social and historical contexts, offering the reader a background in the development and evolution of adoption in America from the colonial period to the present with much emphasis on the 19th and early 20th centuries.

Washington State Resource Family Lending Library Catalogue

Miscellaneous

Bully, the Bullied, and the Bystander, The

Author: Barbara Coloroso

Publish Date: 2003

Length: 203 pages

Everything you always wanted to know about bullying but were afraid you'd get beat up if you asked. This book examines bullying from a number of fresh angles – different types, how to recognize it, how to protect your child, etc – and contains a strong focus on bullying at school and what to do about it.

Designing Rituals of Adoption: For the Religious and Secular Community

Author: Mary Martin Mason

Publish Date: 2002

Length: 86 pages

This book seeks to guide families in creating composite rituals to respect and honor everyone in the family and in the extended family whether they are known or unknown. It has sections on specific religious traditional rituals and a section on secular rituals that could help an adopted person feel that his or her life transitions and passages are honored and sacred.

Don't Take It Personally: The Art of Dealing with Rejection

Author: Elayne Savage

Publish Date: 1997

Length: 214 pages

Rejection by others in childhood can lead to a multitude of problems in adult life. Divided into three parts, "Zeroing In on the Problem;" "Identifying Those Old Hurts;" and "Making Changes, Moving On," this book can help transform self-rejection into self-acceptance and self-confidence. Dr Savage offers wise counsel, numerous examples and useful insights into an issue that impacts each of our lives -- rejection.

Finding Inner Peace when Coping with Special Needs and Difficult Children (CD)

Author: NACAC Conference 2006 CD

Publish Date: 2006

Length: 90 minutes

Transform chaos into calm by taking care of yourself while coping with difficult and special needs children. Learn ancient principals of mindfulness (how to live in the moment) and how to find peace, even in the face of a screaming child and other turmoil. This workshop is based on A Cry for Light: A Journey into Love, a book about a mother who finds inner peace while seeking help for her emotionally disturbed adopted son.

Fire Safety for Young Children (DVD)

Author: DVD

Publish Date: 2006

Length:

TBA

Foster Parent College: Fire-Setting

Author: DVD

Publish Date: 2003

Length: 2 Hrs

Rick Delaney gives parents a clear understanding of four types of fire-setting problems with children – silent but deadly, impulsive, disturbed, and accidental or curious – and presents some unique and effective ways parents can respond.

Foster Parent College: Stealing

Author: DVD

Publish Date: 2005

Length: 2 Hrs

In this course Rick Delaney gives parents the understanding and knowledge to deal with four types of stealing behavior: shoplifting, stealing based on envy or revenge, Kleptomania, and stealing from loved ones.

Frames of Mind: The Theory of Multiple Intelligences

Author: Howard Gardner

Publish Date: 1983/93

Length: 393 pages

In this seminal work, Gardner amasses a wealth of evidence to posit the existence of a number of intelligences that ultimately yield a unique cognitive profile for each person. His theory of multiple intelligences has been applied in hundreds of classrooms and school districts throughout the world. Tenth Anniversary Edition.

Washington State Resource Family Lending Library Catalogue

Miscellaneous

Freeing Your Child from Anxiety

Author: Tamar E. Chansky

Publish Date: 2004

Length: 298 pages

This book offers practical solutions to overcome your child's fears, worries, and phobias. It examines all manifestations of childhood fears, including social anxiety disorder, Tourette's syndrome, hair-pulling, and obsessive-compulsive disorder. It guides you through a program to help your child back to emotional safety.

Handbook For Single Adoptive Parents, The

Author: Hope Marindin

Publish Date: 1998

Length: 138 pages

This book is divided into six sections: the mechanics of adoption; managing single parenthood; coping with challenges; personal adoption experiences; frequently asked questions; and studies by professional social scientists showing the success of single parent adoption.

How to Keep Stress from Managing Us (CD)

Author: Maris Blechner

Publish Date: 2007

Length: 90 minutes

NACAC Conference presenter, Maris Blechner, a long-term successful manager of stress, at home and in the office, looks at how caring and over-stressed people like us can leash those fire-breathing dragons in our lives, and keep them in their place. She shares some theory and lots of practical hints and advice to use in our own lives.

Imagining Adoption: Essays on Literature and Culture

Author: Marianne Novy (editor)

Publish Date: 2001

Length: 299 pages

This collection of 15 essays on adoption in literature and in contemporary culture approaches the subject from a different perspective – and therefore sheds a different light on it – than most of the adoption literature out there. The essays analyze adoption as depicted in a range of works, including nineteenth century novels, contemporary fiction, poetry, children's literature, and film. They also examine writings of "home children," adoptive mothers, newsletters, and others.

In Praise of Single Parents

Author: Shoshana Alexander

Publish Date: 1994

Length: 363 pages

This book by a single mother is a frank and compassionate look at all that it means for mothers and fathers to raise children alone, whether by chance or by choice.

Josh: A Boy With Dyslexia* (see comment about Children's Materials on Index page)

Author: Caroline Janover

Publish Date: 1988

Length: 99 pages

In this book, Josh struggles to live down the stigma of his learning disability, dyslexia, and receive both respect and friendship from his peers. It includes information on the characteristics of dyslexia and a list of organizations that deal with learning disabilities.

Kaplan Scholarships, 2009 Edition

Author: Gail Schlachter

Publish Date: 2009

Length: 515 pages

This book features information on programs that offer significant and unrestricted scholarships combined with tips and advice on how to get them. The guide includes:

*A list of scholarships—each worth at least \$1,000--that do not restrict to any one school, and do not require repayment of any kind.

*Detailed summaries on each scholarship's financial data, duration of scholarship, eligibility requirements, and application and contact information.

*Expert tips and advice on how applicants should research their options, set a timetable, apply for the best opportunities, and avoid scholarship scams.

Washington State Resource Family Lending Library Catalogue

Miscellaneous

Laughter and Parenting: The Importance of Laughter When Nothing Seems Funny (CD)

Author: NACAC Conference 2006 CD

Publish Date: 2006

Length: 90 minutes

Laughing is one of the healthiest things one can do when facing the deep stresses of parenting and life in general. This workshop demonstrates how to bring more laughter into both home life and work life, particularly in areas that were previously viewed as not particularly funny.

Lying: Foster Parent College training for adoptive, kinship, and foster parents (DVD)

Author: Richard Delaney

Publish Date: 2004

Length: 32 minutes

According to the jacket, lying is the single most common child behavior problem reported by foster parents. Parents learn to understand and deal with this frustrating problem by looking at four types of lying behavior: lying to save face, lying to gain attention, pathological lying, and lying to get others in trouble. Written and researched by Dr. Richard Delaney.

Includes: 1 Interactive DVD, Viewer Guide and reproducible questionnaire

Meth Epidemic, The (DVD)

Author: Frontline DVD

Publish Date: 2006

Length: 60 minutes

In a reporting partnership with The Oregonian, PBS's FRONTLINE investigates the alarming growth of methamphetamine addiction in the US and exposes the inherent conflict between the illegal drug trade and the legitimate three-billion-dollar cold remedy business. This is a fascinating though horrific look at a national problem, but it provides no information about the effects on children of prenatal exposure to the drug nor any parenting advice for those who have adopted children so exposed.

Orphans of the Living: Stories of America's Children in Foster Care

Author: Jennifer Toth

Publish Date: 1997

Length: 312 pages

In an age plagued by drastic governmental cut-backs on social programs -- a time in which women and children are by far the most numerous victims of poverty -- the fate of foster children is an important, if painful, subject. Toth's report from the frontlines of what is known as "substitute care" is not encouraging as she follows the lives of five young people moving through the system.

Parenting with Humor (CD)

Author: NACAC Conference 2006 CD

Publish Date: 2006

Length: 90 minutes

Most of us who adopt tough kids begin our journey as sane, normal people with a good sense of humor who just want to help a child. Somewhere along the line, many of us find ourselves not having fun. Our children's special needs and behaviors seem to push us to the edge. We lose our sense of humor and forget how to find happiness in what we are doing. This session provides a reminder that if we can process our parenting experience with laughter, we can find joy in the midst of whatever life throws our way.

Post-Adoption Blues, The: Overcoming the unforeseen challenges of adoption

Author: Dr. Karen J. and John R. Thompson Foli

Publish Date: 2004

Length: 225 pages

Drawing on their own experience as adoptive parents as well as interviews with dozens of adoptive families and experts in the field, Drs. Foli and Thompson help parents address the stress and depression that can follow an adoption by focusing on adjusting their expectations of themselves, their child, and others in their world.

Washington State Resource Family Lending Library Catalogue

Miscellaneous

Project MAP: Make A Plan

Author: Independent Insurance Agents of America

Publish Date: 1999

Length: 59 pages

Developed by the Independent Insurance Agents of America, this guide to disaster planning considers the safety of you, your family, and your property. It provides tips on preparing for disasters - from fires to tornados to blizzards - as well as advice on how to act during and after them.

Raising Resilient Rascals 2008: Disk 3 (DVD)

Author: DVD

Publish Date: 2008

Length: 3 hours

This disk includes the following presentations from the 2008 conference: "Interventions for the Fetal Alcohol Spectrum" with Julia Bledsoe; "Psychiatric Medication Treatments and Their Place in Adoption Medicine" with Margaret Cashman; and a Sleep Discussion & Panel led by Margaret Cashman.

Raising Resilient Rascals 2008: Disk 4 (DVD)

Author: DVD

Publish Date: 2008

Length: 3 hours

This disk includes the following presentations from the 2008 conference: "Safe Now! Five Faves for Families Helping Anxious Children" with Deborah Gray; "Om a Little Teapot: techniques for Relaxation and Self-regulation" with Julian Davies; and a Cases Panel with Deborah Gray, Julia Bledsoe, Cynthia Kertesz and others.

Sacred Connections: Stories of Adoption

Author: Mary Ann Koenig

Publish Date: 2000

Length: 128 pages

This book of 24 biographical essays tells a variety of adoption stories from all points of the triad. Some of the people profiled are well known in the national and international adoption communities; others are not. But none of their stories are ordinary. It is graced not only by Koenig's eloquent prose, but also by the crisp, revealing, black and white photography of Niki Berg.

Sam's Sister* (see comment about Children's Materials on Index page)

Author: Juliet C. Bond

Publish Date: 2004

Length: 27 pages

In this book, a mother explains to her five-year-old daughter that she will not be able to keep the "new baby growing in my tummy." Although its presentation of flawless characters and ideal circumstances might not seem typical, it deals sensitively with an issue not often addressed in adoption literature for children, and it is beautifully illustrated.

Strangers and Kin: The American Way of Adoption

Author: Barbara Melosh

Publish Date: 2002

Length: 291 pages

This book combines history, popular culture, and political analysis to tell a fascinating story of adoption's changing face in the American society of the 20th Century.

Neurological

Change Your Brain Change Your Life

Author: Daniel G Amen

Publish Date: 1998

Length: 305 pages

Dr. Amen presents the case that many behavioral disorders formerly considered psychological actually have a biological basis. Through the lens of new brain imaging techniques, you can see what depression, anxiety, temper, impulsiveness and obsession look like in the brain. Dr. Amen gives practical suggestions for overcoming these problems and gives tools for optimizing the brain and improving life.

Washington State Resource Family Lending Library Catalogue

Neurological

Child With Special Needs, The

Author: Stanley Greenspan

Publish Date: 1998

Length: 479 pages

This comprehensive approach to developmental challenges including autism, PDD, language and speech problems, Down syndrome, cerebral palsy, ADD, and other related disorders helps parents and professionals “get beyond the label” and understand each child’s unique profile.

Children With Disabilities

Author: Mark Batshaw

Publish Date: 1997

Length: 788 pages

The revised edition of Children with Handicaps (1986) presents thorough, authoritative chapters on the basics of chromosomes, heredity, prenatal diagnosis and fetal therapy, growth before birth, and the first weeks of life, and continues with in-depth, yet accessible coverage of all types of disabilities and their management. Useful to a wide audience of professionals and parents, and impressive in its scope and conciseness.

Learning Disabilities and Your Child

Author: Lawrence Greene

Publish Date: 1983

Length: 286 pages

This "Survival Handbook" explains how to diagnose learning disabilities ranging from dyslexia and hyperactivity to language disorders and tuning out. It offers helpful advice on choosing the right school or program for your child and on getting the support you need. Anecdotes, where parents and children speak out, as well as step-by-step programs that you can begin right now, make this unique book a vital guide for parents and teachers of learning disabled children.

Living with a Brother or Sister With Special Needs: A Book for Siblings* (see comment about Children's Materials on Index page)

Author: Donald Meyer

Publish Date: 1985/1996

Length: 135 pages

This sophisticated book for children, which addresses a wide range of disabilities, can be a resource for parents and teachers too. It focuses on the intensity of emotions that siblings of special needs children experience, and the hard questions they ask.

Love is a Start

Author: Donna Shilts

Publish Date: 1999

Length: 326 pages

Telling of her own courageous experience with two adoptive sons, Shilts demonstrates the incredible progress that is possible for children with neurological impairments.

Misunderstood Child, The: Understanding Sensory Integration (audiotape)

Author: Lynnette Burke

Publish Date: February 2001

Length: 4 hours

This tape of an ORPARC sponsored training at PSU explores the role Sensory Integration (defined as the ability to organize and process sensory input and to use that information to respond to the demands of our daily lives) plays in the lives of some children neurologically affected by pre-natal exposure to drugs or alcohol, or early exposure to violence, terror, or severe neglect. In other words, many of the children the state places into foster and adoptive homes! This video highlights the power of understanding Sensory Integration and its relationship to children’s behavior.

Our FAScinating Journey: Keys to Brain Potential Along the Path of Prenatal Brain Injury

Author: Jodee Kulp

Publish Date: 2004

Length: 224 pages

This book combines scientific data, personal anecdotes, charts and graphs, quotes, lists, and illustrations to paint a personal picture of and a useful guide to dealing with Fetal Alcohol Spectrum Disorder. Kulp tells of raising her adopted daughter Liz ("The Best I can Be: Living with Fetal Alcohol Syndrome or Effects") and offers advice based on that experience.

Washington State Resource Family Lending Library Catalogue

Neurological

Out-Of-Sync Child, The: Recognizing and Coping with Sensory Integration Dysfunction

Author: Carol Kranowitz

Publish Date: 1998

Length: 260 pages

If your child is difficult, picky, oversensitive, clumsy, unpredictable, inattentive or a combination of these, he or she may have Sensory Integration Disorder, a frequently misdiagnosed condition that can lead to abnormal activity levels, problems with motor coordination, or inappropriate sensitivity to sensation and movement. "The Out-of-Sync Child" explains how to recognize and treat children with this common disorder.

Reaching Out To Children With FAS/FAE

Author: Diane Davis

Publish Date: 1994

Length: 198 pages

Written specifically for those who parent, teach or counsel children with fetal alcohol syndrome and fetal alcohol effects. It discusses causes, the diagnosis of FAS/FAE, and characteristics commonly seen in these kids. It also offers hands-on techniques for establishing guidelines at home and school.

Sensory Processing for Parents: From Roots to Wings (VHS)

Author:

Publish Date: 1998

Length: 28 minutes

This video presents information about sensory processing disorders, addressing difficulties in motor coordination/planning, self-regulation and sensory defensiveness. Children are seen doing the kinds of sensory activities that help them to be successful in daily life and to feel good about themselves. Parents explain the impact these difficulties have had on the lives of their children. A major focus of this video is on strategies for addressing these sensory concerns.

Teachers Ask About Sensory Integration

Author: Belle Curve Records

Publish Date: 1999

Length: 105 minutes

This tape and accompanying 42-page booklet with reproducible checklists is for you to share with any teacher willing to make an attempt to understand why problems in sensory integration affect learning, to learn useful strategies for helping these kids engage and focus, and to improve the educational and social performance of kids with SI challenges.

Understanding Behaviors of Alcohol/Drug Affected & Neurologically Impaired Children

Author: Diane Malbin

Publish Date: June 3, 2000

Length: 5 hours

From ORPARC with Diane Malbin: Malbin explains why traditional parenting and teaching techniques often fail with children affected by prenatal exposure to drugs or alcohol. She shows parents how to understand and work differently with the behavioral symptoms often exhibited by these children and what strategies and techniques do work and why. Also explored are primary and secondary behaviors and diagnoses that can overlap FAS/E, such as ADHD, Reactive Attachment Disorder, learning disabilities, and Oppositional Defiant Disorder.

Open Adoption/Mediation

Adoption Triangle, The

Author: Arthur D. Sorosky, M.D.

Publish Date: 1967

Length: 225 pages

This book explores all aspects of the "adoption triad," from birth parents to adoptive parents to adoptees. It covers past and modern adoption practices and issues, and is full of real life stories from all parties of the triad. A large portion of this book is dedicated to how adoptees are affected by sealed or open records.

Washington State Resource Family Lending Library Catalogue

Open Adoption/Mediation

Baby Dance, The

Author: Video

Publish Date: 1999

Length: 91 minutes

This movie, starring Laura Dern and Stockard Channing, tells the story of a financially secure, educated couple who, after exhausting all medical possibilities, place an ad for adoption that is answered by an impoverished, pregnant woman with four children. Both women struggle to ignore escalating conflicts born of differences in social, economic and educational backgrounds.

Because I Loved You: A Birthmother's View of Open Adoption

Author: Patricia Dischler

Publish Date: 2006

Length: 233 pages

This is a handbook that is also a memoir. In nine chapters, Dischler talks about the birthmother's road to open adoption, offering to birth families and adoptive families, advice and guidance through various stages of the experience. She also shares the ups and downs of her own story and that of her now adult son.

Birth Families and Adoptive Family Relationships (audiotape)

Author: Audiotape

Publish Date: 2002

Length:

This session includes discussions about creating a photo resume, networking to locate a birth family, sensitive handling of phone calls, the first meeting, a cooperative agreement to outline future contact, and understanding the process from the birth family's and the adoptive family's perspectives. It also includes what to expect when working with a birth parent with a mental health history and/or drug or alcohol addiction.

Children of Open Adoption

Author: Kathleen & Patricia Martinez Silber & Dorner

Publish Date: 1990

Length: 191 pages

For decades, open adoption has been gaining ground, replacing the secrecy and shame once attached to the subject. Examining scores of actual open adoptions, this book focuses, in separate chapters, on infants, preschoolers, school-age children, and teens, showing how love is multiplied and energies are used more productively when family ties are not a mystery.

Kids Speak: Open Adoption (VHS)

Author: Video

Publish Date: 2005

Length: 18 minutes

Three households are profiled, two young adults and a sibling pair discuss the varying degrees of openness in their adoptions and its meaning to their lives. One lived with her birthmother for several years and has remained close throughout her adoption. Another has adoptive parents who felt threatened by his desire for openness, and the siblings fall somewhere in between.

Life Givers: Framing the Birthparent Experience in Open Adoption

Author: James Gritter

Publish Date: 2000

Length: 229 pages

This book examines all the ways in which birthparents are marginalized, providing a glimpse of birthparents' emotional roller coaster ride as they struggle with grief, ambivalence and regret. It makes the persuasive case that adopted children are best served when birthparents and adoptive parents work together to ensure that the birthparents remain part of their children's lives.

Making Room in Our Hearts: Keeping Family Ties through Open Adoption

Author: Micky Duxbury

Publish Date: 1990

Length: 156 pages

This book, based on interviews with more than one hundred adopted children; birth and adoptive parents; extended families; professionals, and experts; helps both adoptive and birth parents address their fears and concerns, while offering them the support to put the child's psychological and spiritual needs at the center of adoption.

Washington State Resource Family Lending Library Catalogue

Open Adoption/Mediation

Open Adoption Experience, The (audiotape)

Author: Lois Melina

Publish Date: 1993

Length: 3 hours

This abridged version of the book, "The Open Adoption Experience", read by the authors, will help adoptive and birth parents know what to expect as the relationship unfolds.

Open Adoption Experience: A Complete Guide for Adoptive and Birth Families, The

Author: Lois Ruskai Melina

Publish Date: 1993

Length: 363 pages

This book offers a detailed discussion of the many advantages of open adoption as well as the common problems, helping adoptive and birth parents to know what to expect as the relationship unfolds and how other families have coped with the unexpected.

Open Adoption through the Years: What Are the Challenges? (audiotape)

Author: Audiotape

Publish Date: 2002

Length:

This workshop draws from the experiences of families who have been in long-term open adoptions for 15 to 25 years. Challenges presented involve the simpler ones of managing visits and communication among numerous birth families to the more complex issues of divorce, drugs, death, prison, and more. The speakers encourage sharing of audience experiences.

Open Adoption through the Years: What Are the Challenges? (CD)

Author: CD

Publish Date: 2002

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Openness in Adoption: Exploring Family Connections

Author: Harold D. Grotevant

Publish Date: 1998

Length: 208 pages

For professionals and laypersons alike, this book provides a comprehensive review of the issues involved in openness in adoption. It also provides rich data from an exceptional sample of adoptees, their adoptive parents, and their birth mothers, and it provides a perspective on the experience of each of these members of the adoption triad.

Openness: Making Decisions about Openness in Adoption (VHS)

Author: Ed-Net Series

Publish Date: 1999

Length: 90 minutes

A panel discussion focuses on sensitive, life-altering decisions about contact with birth parents, siblings, extended birth families and foster parents. Topics include: defining the range of openness, the developmental needs of children and adoptive families, what kids are thinking vs. what they are talking about.

Realistic Look at Open Adoption, A

Author: Lois Melina

Publish Date: 1993

Length:

This presentation addresses the questions and concerns adoptive parents have about open adoption and helps parents evaluate the advantages and disadvantages of open adoption realistically.

Respect, Responsibility, and Commitment in Open Adoptions (audiotape)

Author: Audiotape

Publish Date: 2002

Length:

Open adoption is most often presented to prospective birth and adoptive parents in terms of "doing whatever they are comfortable with." What this approach rarely does, however, is take into consideration the needs and desires of the adopted child. This workshop discusses why respect, responsibility, and commitment need to replace comfort if the child is truly to be served in open adoption.

Washington State Resource Family Lending Library Catalogue

Open Adoption/Mediation

Respect, Responsibility, and Commitment in Open Adoptions (CD)

Author: CD

Publish Date: 2002

Length:

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Spirit of Open Adoption, The

Author: James Gritter

Publish Date: 1997

Length: 306 pages

Adoptive parents, birth parents, and adoptees come together in a spirit of extended family that helps the participants overcome the fear, pain, shame, and loss of adoption with honor and respect. Using as groundwork the profound insights of contemporary thinkers in the fields of adoption, theology, philosophy, and literature, Gritter guides the reader along a spiritual pathway that discovers the honesty, community, and cooperation that produce successful open adoption.

Parenting - General

101 Activities for Kids in Tight Spaces

Author: Carol Stock Kranowitz

Publish Date: 1995

Length: 162 pages

Full of fun, creative ideas to keep kids busy in "tight spaces," this book has something for all parents. From cooking fun to outdoor entertainment, the ideas in this book are designed to keep your kids happy wherever they may be.

1-2-3 Magic: Managing Difficult Behavior in Children 2-12 (DVD)

Author: Thomas W. Phelan DVD

Publish Date: 2001

Length: 120 minutes

This DVD offers parents ideas for disciplining children without arguing, yelling or spanking. Learn how to: handle misbehavior in public; exercise self-control and be an effective disciplinarian at the same time; avoid the talk-persuade-argue-yell-hit syndrome; get your kids to stop obnoxious behavior; deal with six kinds of testing and manipulation; and more.

1-2-3 Magic: Managing Difficult Behavior in Children 2-12 (VHS)

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55 Favorite Communication Techniques: That Get Kids Talking & Thinking

Author: Lawrence E Shapiro

Publish Date: 2005

Length: 137 pages

Expressing concerns, conflicts, and feelings are critical to a child's emotional and behavioral development. This book is divided into four sections describing proven techniques that help children "open up" about their feelings, including: 50 Conversation Cards, reproducible writing activities; and "talking rituals" to help make emotional communication a daily habit. Activities are designed for use by counselors, teachers, or parents. Ages 3 to 10

Adolescent Self, The

Author: David B. Wexler

Publish Date: 1991

Length: 183 pages

Dr Wexler helps the reader understand the adaptive functions served by adolescent behaviors that are often viewed by others as simply pathological. The PRISM program teaches new coping skills through creative, often humorous activities, encouraging adolescents to be physically and mentally active throughout the treatment process. There is a workbook which accompanies this book. "The Prism Workbook."

Washington State Resource Family Lending Library Catalogue

Parenting - General

Angry Child, The: Regaining Control When Your Child is Out of Control

Author: Tim, Loriann Murphy, Oberlin

Publish Date: 2001

Length: 244 pages

This book explains both the roots of and solutions for uncontrollable anger in children, showing parents how to help their children develop new ways to understand their feelings and interact with others.

Becoming the Parent You Want To Be: A Sourcebook of Strategies for the First Five Years

Author: Laura Davis

Publish Date: 1997

Length: 415 pages

This book is not about adoption, but it offers 415 large pages on a wide range of issues parents face including crying, tantrums, fear, separation, childcare, sleep, eating, toilet training, difficult behavior, testing, biting, swearing, lying, parental anger, punishment, balancing needs in families, teaching kids to negotiate, sharing, gender roles, supporting children's friendships, diversity, sibling relationships, etc.

Celebration of Family (CD)

Author: CD

Publish Date: 2001

Length: 45 minutes

With a diverse assortment of artists and musical styles, this CD speaks to the beauty of family and the special relation of parents to their children. Artists include John Lennon, Yoko Ono, Faith Hill, Sweet Honey in the Rock, Brenda Lee, Boyz II Men, Raffi, Victoria Jackson, and several more. Among the songs is "Happy Adoption Day" by John McCutcheon. Also available on Cassette.

Challenging Behaviors in Young Children (DVD)

Author: DVD

Publish Date: 2006

Length: 50 min

TBA

Character Links: Stories and Activities for Teaching Children About Character* (see comment about Children's Materials on Index page)

Author: Margaret Prien

Publish Date: 1998

Length: 140 pages

This illustrated book, with accompanying finger puppets and masks, introduces thirty-five important character qualities (such as patience, sharing, respectfulness, honesty, etc.). Each Character Link story is introduced by one of several winsome cat characters. The stories are appropriate for children ages three to eight. Each story is followed by a series of interactive questions and activities to help children understand the importance of the Character Link.

Common Sense Parenting: Teaching Children Self-Control (DVD)

Author: DVD

Publish Date: 2006

Length: 28 min

TBA

Correcting Without Criticizing: The Encouraging Way to Talk to Children About Their Misbehavior

Author: John Taylor

Publish Date: revised 1995

Length: 36 pages

This booklet offers advice to parents, teachers, counselors and any other adults who work with children and teens. It offers suggestions on how to improve communication with children, teach decision-making, and implement preventative discipline. Included is a step-by-step model for effective communication and an explanation of the roles parents should avoid.

Washington State Resource Family Lending Library Catalogue

Parenting - General

Creating Ceremonies: Innovative Ways to Meet Adoption Challenges

Author: Cheryl, Rhea Lieberman, Bufferd

Publish Date: 1999

Length: 123 pages

Rituals and ceremonies can help us cope with important transitions in our lives. The authors of this book offer ideas that parents can use and modify to create ceremonies in their adopted children's lives that will help them deal with celebration, transition, self-esteem, loss, fears, anniversaries and more.

Creative Answers to Misbehavior: Getting out of the Ignore-Yell-Punish Cycle

Author: John Taylor

Publish Date: 1992

Length: 28 pages

This booklet includes 16 "Creative Ways to Confront the Child About Misbehavior" and 13 "Effective Disciplinary Responses to Misbehavior."

Dealing With Your Kid's 7 Biggest Troubles

Author: Val J. Peter

Publish Date: 2000

Length: 102 pages

This thought-provoking guide, filled with practical advice, insight, and cautionary tales, reflects on the destructive impulses that threaten the emotional, physical and spiritual life of youth and families.

Discipline: Teaching Limits with Love (DVD)

Author: DVD

Publish Date: 2008

Length: 30 Min

TBA

Encouraging the Discouraged Child: Boosting Your Child's Self-Confidence

Author: John Taylor

Publish Date: 1995 (revised)

Length: 35 pages

This booklet, a guide for parents, teachers and counselors, offers ideas on developing and maintaining self-esteem in children, boosting self-confidence by teaching children how to handle mistakes, and avoiding perfectionism.

Five Love Languages of Children, The

Author: Campbell, Ross Chapman, Gary

Publish Date: 1997

Length: 224 pages

The authors describe five "love languages" and suggest that your child has one primary "language" with which he or she expresses love and understands it from you. The "languages" are physical touch, words of affirmation, quality time, gifts, and acts of service. One should become familiar with all five since a child can communicate and understand love in other "languages" than his or her primary one and the primary language may change many times.

Five Love Languages of Children, The (audiotape)

Author: Audiotape

Publish Date: 1997

Length: 165 minutes

Read by Gary Chapman, the author describes five "love languages" and suggest that your child has one primary "language" with which he or she expresses love and understands it from you. The "languages" are physical touch, words of affirmation, quality time, gifts, and acts of service. One should become familiar with all five since a child can communicate and understand love in other "languages" than his or her primary one and the primary language may change many times.

Good Friends Are Hard to Find: Help your child find, make and keep friends

Author: Fred Frankel

Publish Date: 1996

Length: 235 pages

Step-by-step, parents learn to help their 5 to 12-year-olds make friends and solve problems with other kids. This guide also offers concrete help for teasing, bullying and meanness, both for the child who is picked on and for the tormentor. Based on the UCLA Children's Social Skills Program, this book teaches clinically tested techniques that really work.

Washington State Resource Family Lending Library Catalogue

Parenting - General

Good Son, The: A Complete Parenting Plan

Author: Michael Gurian

Publish Date: 1999

Length: 358 pages

This book is intended for all those affected by and interested in adoption. The contents are written by a variety of experts in the adoption field and examine topics such as treatment issues for adoptees placed at different ages, search and reunion, ethics, infertility, shared identity issues, and the ongoing need for adoption support.

Good Son, The: Complete Parenting Plan

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Publish Date: 1999

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Growing Up Again

Author: Jean Clarke

Publish Date: 1989

Length: 270 pages

This book provides essential information about ages and stages of development, ways to nurture our children and ourselves, and tools for personal and family growth. This new edition also addresses the special demands of adopted children and blended families, the character of prenatal life and our final days, and the growing problem of overindulgence.

Helping Hands and Smiling Faces: Getting Cooperation on Household Chores

Author: John Taylor

Publish Date: 1995

Length: 34 pages

This parent's guide for encouraging children to cooperate in doing household chores includes an explanation of the importance of including children in family chores, a description of chores to be done, ways to set up the assigning of chores and more.

How to Behave So Your children Will Too!(VHS)

Author: DVD

Publish Date: 2000

Length: 218 min

TBA

How to Talk So Kids Can Learn At Home and in School

Author: Adele Faber

Publish Date: 1995

Length: 266 pages

This book offers parents and teachers unique strategies, down-to-earth dialogue, and interesting cartoons to help them help school age children handle the everyday problems that interfere with learning.

How to Talk So Kids Will Listen and Listen So Kids Will Talk

Author: Adele Faber

Publish Date: 1980

Length: 233 pages

This book provides a step-by-step approach to improving relationships in your house. The "Reminder" pages, helpful cartoon illustrations, and excellent exercises will improve your ability as a parent to talk and problem-solve with your children.

Hurried Child, The: Growing Up Too Fast Too Soon

Author: David Elkind

Publish Date: 1981

Length: 200 pages

This book takes a hard look at children and stress. Elkind explores the pressure to cope, to succeed, and to win brought upon our children from every corner of society. Today's children are forced to achieve more, earlier, than their counterparts of any previous generation, and the media tell them that sex is in and childhood is out. Parents increasingly look to their children to rescue them from the despair of failed marriages, role conflict and job dissatisfaction. For dealing with and alleviating these and other pressures, Elkind offers insights, advice, and hope.

Washington State Resource Family Lending Library Catalogue

Parenting - General

Incredible Years, The

Author: Carolyn Webster-Stratton

Publish Date: 2005

Length: 312 pp

Divided into three parts, "Foundations for Successful Parenting," "Communicating and Problem Solving," and "Coping with Common Behavior Problems," this revised edition offers a wide range of techniques and strategies. Easy to read chapters are well organized with summaries at the end and include information on caring for yourself and working with teachers.

Kids Online: Protecting Your Children in Cyberspace

Author: Donna Rice Hughes

Publish Date: 1998

Length: 253 pages

This book provides simple step-by-step directions for keeping kids safe while still allowing them the many benefits of the Internet. It offers a detailed description of the serious risks of cyberspace, and gives advice on providing rules and regulations regarding online activity. This book also outlines basic computer and Internet terms and usage, for parent's who aren't exactly Internet-savvy.

Liberated Parents/Liberated Children: Your Guide to a Happier Family

Author: Adelene Faber

Publish Date: 1974

Length: 248 pages

This book is filled with anecdotes, observations, dialogues, and practical suggestions any parent can learn from and use.

Manners* (see comment about Children's Materials on Index page)

Author: Alik

Publish Date: 1990

Length: 30 pages

This colorful and imaginative picture book for young children demonstrates the behavioral do's and don'ts of a host of every-day situations. It is humorous and compelling.

More 1-2-3 Magic: Encouraging Good Behavior, Independence and Self-Esteem (DVD)

Author: Thomas Phelan DVD

Publish Date: 2000

Length: 120 minutes

This DVD shows parents how to encourage good behavior. Points of focus include 3 parental qualities that foster competence in kids; how to encourage and respect your child's growing independence; 10 strategies for building self-esteem; making mealtimes more enjoyable; getting kids to pick up after themselves; how to avoid homework civil wars; family meetings; and more.

More 1-2-3 Magic: Encouraging Good Behavior, Independence and Self-Esteem (VHS)

Author: Thomas W. Phelan Video

Publish Date: 2000

Length: 120 minutes

This video shows parents how to encourage good behavior. Points of focus include 3 parental qualities that foster competence in kids; how to encourage and respect your child's growing independence; 10 strategies for building self-esteem; making mealtimes more enjoyable; getting kids to pick up after themselves; how to avoid homework civil wars; family meetings; and more.

No More Sibling Rivalry: A Practical Guide for Parents

Author: John Taylor

Publish Date: 1995

Length: 35 pages

This booklet shows parents how to decrease competition among siblings, strengthen the bonds between family members, help children to feel they are an important part of the family, and more.

Washington State Resource Family Lending Library Catalogue

Parenting - General

No-Cry Discipline Solution, The: Gentle Ways to Encourage Good Behavior Without Whining, Tantrums, and Tears

Author: Elizabeth Pantley

Publish Date: 2007

Length: 304 pages

While this book does not focus on children with special needs, and your child may require a much more therapeutically focused approach, there may still be usable tidbits here especially in the sections on taking care of yourself. The first 3 parts of this book for parents of two to eight-year-olds, present “Essential Parenting Attitudes;” “Parenting Skills and Tools;” and “Staying Calm and Avoiding Anger.” Part 4 offers “Specific Solutions for Everyday Problems” – 33 of them, including baby talk; bossiness; car problems; doesn’t come when called; hitting, kicking, and hair pulling; playtime behavior; sleep issues; and much more.

Off Road Parenting: Practical Solutions for Difficult Behavior

Author: Caesar, Patricia, & Lee Pacifici, Chamberlain, & White

Publish Date: 2002

Length: 98 pages plus
a DVD

The book and DVD work together, chapter by chapter, to help parents discover how to get their family back on a positive track. Spiced with Stone Soup cartoons, Off Road Parenting guides the reader to positive and caring solutions with clear and simple language.

Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive

Author: Daniel and Mary Hartzell Siegel

Publish Date: 2003

Length: 250 pages

This book provides insights into how we remember, perceive reality, feel, communicate, attach to others, and make sense of our lives. The authors lay a scientific groundwork, but the book is written on a more “human” level. It is not adoption or pathology focused but more development focused.

Parenting Teens with Love and Logic

Author: Foster, Jim Cline, Fay

Publish Date: 1992

Length: 253 pages

This book is a guide to preparing adolescents for responsible adulthood from the authors of Parenting with Love and Logic.

Parenting with Dignity

Author: Mac Bledsoe

Publish Date: 2005

Length: 218 pages

Mac Bledsoe, a successful father, high school teacher, and coach, presents a dignified way to parent based on the philosophy that whether you want to believe it or not, your children will make ALL the important decisions in their life on their own. This book attempts to teach you how to empower your children to make good decisions.

Washington State Resource Family Lending Library Catalogue

Parenting - General

Parenting with Dignity (3 DVD's)

Author: DVD

Publish Date: 2005

Length:

Parenting with Dignity teaches parents how to instill a sense of responsible decision making in their kids. A positive approach to parenting that is simple, easily understood, applicable in any situation, and incredibly intuitive. The premise of the Parenting with Dignity philosophy is: "Our children will make all of the most important decisions in their lives - on their own. As parents, the only thing we can do is teach them how to make good decisions."

A Parents Workbook for you to keep should accompany these DVD's and you can download it from the website if you like. Also available in Spanish.

Paternidad con Dignidad enseña a los padres cómo inculcarles a sus hijos un sentido de cómo realizar decisiones con responsabilidad. Es un enfoque positivo a la crianza de los niños, se le comprende fácilmente, es aplicable en cualquier situación, y es muy intuitivo. La premisa de la filosofía de Paternidad con Dignidad es: "Nuestros hijos llevarán a cabo todas las decisiones más importantes en sus vidas--por sí mismos. Como padres, lo único que podemos hacer es enseñarles cómo realizar buenas decisiones". Un cuaderno de ejercicios para padres acompaña los discos (DVD) y se puede bajar este cuaderno de ejercicios del Internet. Estos discos están disponibles en español e inglés.

Parenting with Dignity: The Early Years

Author: Mac Bledsoe

Publish Date: 2005

Length: 249 pages

In this book, Mac Bledsoe applies his five rules of parenting to help parents of children aged two to six overcome the most common and frustrating challenges associated with the toddler and pre-school years, such as: acting out behaviors, eating problems, getting dressed, manners, sibling rivalry, discipline, bedtime, potty training, and more.

Parenting with Love and Logic: Teaching Children Responsibility

Author: Foster, Jim Cline, Fay

Publish Date: 1990

Length: 224 pages

This book helps parents learn to view the behavior, not the child, as the problem. It promotes a philosophy of drawing the child into partnership to work side by side with the parents to jointly solve problems. However, it does not address problems caused by neurological impairment as is often the case for alcohol affected youngsters.

Parenting without Pressure: A Whole Family Approach

Author: Teresa A. Langston

Publish Date: 1994

Length: 142 pages

Emphasizing communication, unconditional love, and a structured environment, this "Parent's Guide" will show you ways to involve the whole family in the parenting process, establish fair rules with workable consequences and motivating incentives, and avoid the pressure of making on-the-spot disciplinary decisions. You'll find out how to give up the struggle but keep your authority, and you'll learn how discussions about rules and consequences prepare your children for the real world ahead.

Parenting Your Adopted Child

Author: Stephanie Siegel

Publish Date: 1989

Length: 234 pages

From infancy through the teenage years and beyond, this book serves as a practical manual. For each stage of adoption, it provides advice on how to handle the issues of adoption including special needs adoption, special situations, and common questions.

Pick Up Your Socks and Other Skills Growing Children Need: A Practical Guide to Raising Responsible Children

Author: Elizabeth Crary

Publish Date: 1990

Length: 105 pages

This book shows parents how encouraging responsibility will produce a youngster who becomes a competent adult. Questions about discipline, household chores, homework, and independent living skills are answered through examples and exercises. It includes an expectation guideline, tips, and a job chart listing average ages kids do household chores.

Washington State Resource Family Lending Library Catalogue

Parenting - General

Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems

Author: Jane Nelsen

Publish Date: 1999

Length: 317 pages

This revised and expanded handbook is divided into two parts. Part One: Basic Positive Discipline Parenting Tools offers thirty pages of basic parenting tips, ideas and strategies. Part Two: Positive Discipline Solutions from A to Z offers 285 pages of specific ideas for dealing with an array of problem areas listed in alphabetical order.

Positive Discipline for Teenagers: Empowering Your Teen and Yourself Through Kind and Firm Parenting

Author: Jane Nelsen

Publish Date: 2000

Length: 338 pages

This handbook offers practical ways of seeing and reacting to the situation of being the parent of a teenager. If you're willing to grow and change along with the adolescent you're raising, this book may offer the tools and insight that will make your journey smoother and more productive.

Project MAP: Make A Plan

Author: Independent Insurance Agents of America

Publish Date: 1999

Length: 59 pages

Developed by the Independent Insurance Agents of America, this guide to disaster planning considers the safety of you, your family, and your property. It provides tips on preparing for disasters - from fires to tornados to blizzards - as well as advice on how to act during and after them.

Raising Cain: Caring for Troubled Youngsters/Repairing Our Troubled System

Author: Richard Delaney

Publish Date: 1998

Length: 228 pages

A nationally renowned child and family psychologist, Dr. Delaney offers clear, easily understood strategies for parenting children who have experienced trauma. Through short vignettes, Delaney demonstrates family-based strategies that address behavioral problems and their underlying issues. In additional chapters, he discusses the impact raising a troubled child has on the adoptive family, emphasizing why adoptive moms are so predictably victimized and offers ways we can better protect the interests of adoptive children and their families.

Raising Cain: Protecting the Emotional Life of Boys

Author: Dan Kindlon

Publish Date: 1999

Length: 258 pages

Kindlon and Thompson make a compelling case that "emotional literacy" is the most valuable gift we can offer our sons, urging parents to recognize the price boys must pay when we hold them to an impossible standard of manhood. They illuminate the forces that threaten our boys, teaching them that "cool" equals macho strength and stoicism. Cutting through outdated theories of "mother blame," "boy blame," and "testosterone," the authors shed light on the destructive emotional training our boys often receive.

Raising Children Who Refuse To Be Raised

Author: Dave Ziegler

Publish Date: 2000

Length: 310 pages

Dr. Ziegler, the founder and Executive Director of SCAR/Jasper Mountain, a treatment program for some of our society's most damaged children, has also been a foster parent to hundreds of challenging children. He provides a mix of wisdom that comes from working in this field for 30 years, humor, and practical tools for families and their therapists/coaches. The safe emotional environment he describes combines optimal structure and appropriate limits with nourishment and compassion.

Washington State Resource Family Lending Library Catalogue

Parenting - General

Raising Kids without Raising Cane: A Guide to Managing Young Children's Behavior in Helpful and Healthy Ways

Author: Gary Direnfield

Publish Date: 1993

Length: 60 pages

This booklet for parents of kids age 2 to 6 is not adoption or special needs oriented, but it offers practical ideas and a gentle philosophy in a straight forward manner in 60 small pages.

Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child

Author: Robert Brooks

Publish Date: 2001

Length: 293 pages

The authors, two renowned child psychologists, explore why some kids are able to overcome tremendous obstacles while others become victims of early experiences and environments. They also explain why many parents, despite the best intentions, unwittingly undermine their children's capacity for resilience. The book offers effective strategies for identifying and eliminating these negative scripts.

Raising Your Spirited Child

Author: Mary Kurcinka

Publish Date: 1991

Length:

Spirited kids are, in fact, simply "more"--by temperament, they are more intense, sensitive, perceptive, persistent, and uncomfortable with change than the average child. Distinguished here from hyperactive children, Mary Sheedy Kurcinka offers parents emotional support and proven strategies for handling their spirited child.

Re-Education of Foster & Adopted Children: Prospects for a Healthy Life (VHS)

Author: Vera Fahlberg

Publish Date: 1992

Length: 67 min

From "The Dr. Vera Fahlberg Collection" with 9-page viewer's manual: Troubled kids from troubled backgrounds often bring deep-seeded problems to their new homes. However, foster and adoptive parents can prepare themselves by developing an effective re-education plan. In this informative video, Dr. Fahlberg discusses how to overcome a child's resistance to change and provide both personal and social relearning experiences.

Safe Passages

Author: Richard Delaney

Publish Date: 1999

Length: 3 hours

The first 15 minutes is opening remarks from Kathy Ledesma, DHS Adoption Manager. The Delaney material consists of nuggets of parenting wisdom presented in a most entertaining format. He advocates thinking unconventionally with kids who have had unconventional experiences and describes survival behaviors of special needs children. Delaney believes placements often destabilize when adoptive parents become aware of feelings they never experienced before. He emphasizes the importance of support groups, parent mentors, and respite for adoptive families.

Self-Esteem: A Family Affair

Author: Jean Clarke

Publish Date: 1978

Length: 262 pages

This book offers a series of blueprints for building self-esteem as a foundation for a successful life at home in the everyday interactions between parents and children, and in the big decisions about child care and lifestyle.

Supernanny: How to Get the Best from Your Children

Author: Jo Frost

Publish Date: 2005

Length: 224 pages

This book, from TV's Supernanny, is divided into action-oriented problem and solution sections. It shows parents how to restore harmony and authority in the home using the Supernanny's ten basic rules for setting boundaries, managing mealtimes, even surviving toilet training, and her effective, no-nonsense approach to problem-solving.

Washington State Resource Family Lending Library Catalogue

Parenting - General

Systemic Parenting: An Exploration of the Parenting Big Picture

Author: Mark Gaskill, MFT

Publish Date: 2003

Length: 413 pages

Drawing largely on his clinical experience counseling families, Gaskill examines and elaborates a series of "systemic laws" of parenting - laws respecting the whole of a family's complex interactions. Since Gaskill uses anecdotes from his practice rather than lengthy citations from outside sources, his style is familiar and readable, while remaining professional.

Taming the Dragon in Your Child

Author: Meg Eastman

Publish Date: 1994

Length: 213 pages

Dr Eastman's true-life examples let you zero in on the sources of rage and defuse problem situations before they explode. Learn to recognize the warning signs of serious family stress; understand your own anger-the dragons that families pass from one generation to the next; keep sibling rivalry in check; discipline without inhibiting personal development; and handle special problems-divorce, abuse, trouble at school, death, and other crises.

Teaching Social Skills to Youth

Author: Tom Dowd

Publish Date: 2005

Length: 257 pages

This book features step-by-step component behaviors to 182 skills, from the basic (following instructions and introducing yourself) to the complex (managing stress and resolving conflict), and helps youth to recognize when, where, or with whom to use a particular skill. It also shows how to plan skill-based treatment interventions for youth with difficult problems such as substance abuse, aggression, depression, or attention deficits. Includes a CD-ROM that helps readers search for social skills by title, category, or problem behavior and allows printed copies of social skill steps for display.

Temperament Tools: Working with Your Child's Inborn Traits

Author: Hellen Neville

Publish Date: 1998

Length: 119 pages

This book is to help parents understand what makes their child tick so they can adapt their parenting style to his or her individual needs. It describes many types of children and offers strategies to help life go more smoothly.

The First Years Last Forever (DVD)

Author: DVD

Publish Date: 2005

Length: 30 min

TBA

Uncommon Voyage: Parenting a Special Needs Child

Author: Laura Kramer

Publish Date: 2001

Length: 245 pages

This book is a true story of one woman's journey from innocence and denial to enlightenment and empowerment. Through detailed journaling, Kramer recounts the steps she and her family have taken since her son was diagnosed with cerebral palsy in 1984.

Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason

Author: Alfie Kohn

Publish Date: 2006

Length: 272 pages

Kohn questions why parenting literature focuses on compliance and quick fixes, and points out that docility and short-term obedience are not what most parents desire of their children in the long run. He insists that "controlling parents" are actually conveying to their kids that they love them conditionally—that is, only when they achieve or behave. Kohn suggests parents help kids solve problems; provide them with choices; and use reason, humor and, as a last resort, a restorative time away (not a punitive time-out).

Washington State Resource Family Lending Library Catalogue

Parenting - General

Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason (DVD)

Author: Alfie Kohn

Publish Date: 2005

Length: 2 hours

Kohn argues that punishments (including time-outs) and rewards may sometimes produce temporary compliance, but they do nothing to help kids grow into responsible, caring, ethical, happy people. Moreover, he suggests that permissiveness is less worrisome than a fear of permissiveness that leads us to over-control our children. Kohn concludes with ten important guidelines to help viewers reconnect to their own best instincts as parents.

When Anger Hurts Your Kids: A Parent's Guide

Author: Matthew McKay

Publish Date: 1996

Length: 157 pages

This book targets families with anger and communication difficulties. It offers information about the long-term effects of anger and how to prevent them early on. This book describes how to tell if your family has anger problems, how anger affects children, 18 mistaken beliefs that fuel your anger, the art of problem-solving communication, and more.

Without Spanking or Spoiling: A Practical Approach to Toddler and Preschool Guidance

Author: Elizabeth Crary

Publish Date: 1979

Length: 98 pages

For every parent who has ever felt frustrated, bewildered, or discouraged, this workbook's rich use of vignettes and exercises will enhance your awareness of how kids think and feel. Crary's eclectic approach to guidance and discipline allows parents to choose tools that fit best with their child's temperament and their family's values.

Wonder of Boys, The: What Parents, Mentors, and Educators Can Do to Shape Boys into Exceptional Men

Author: Michael Gurian

Publish Date: 1996

Length: 265 pages

Gurian asserts that the biological and neurological differences between boys and girls need to be accounted for and nourished in order to raise healthy, happy boys. Examining the roles of competition, aggression, and physical risk taking, he concludes, "It's not boy culture that's inherently flawed; it's the way we manage it." If the natural, testosterone-based impulses of boys are squelched or ignored, Gurian posits, such biological truths may find their way to the surface in other, more negative behaviors.

Your Child: Special Edition Newsweek 2000

Author:

Publish Date: Fall/Winter
2000

Length:

This "Special 2000 Edition," devoted to raising children from birth to age three, is divided into five sections, First Steps, Learning, Health, Emotions, and The World. It emphasizes advances in science and understanding and the new challenges parents face in today's changing world.

Physical Abuse

Child Called "It", A

Author: Dave Pelzer

Publish Date: 1995

Length: 160 pages

This book is the autobiographical account of one of the most severe child abuse cases in California history. In his own words, Mr. Pelzer, who was honored as one of the Ten Outstanding Young Americans in 1993 and was the only American honored as one of the Outstanding Young Persons of the World in 1994, describes the unyielding determination that helped him survive his life-threatening plight. (also available on audio cassette)

Washington State Resource Family Lending Library Catalogue

Physical Abuse

Despair Turned into Rage: Understanding and Helping Abused, Neglected, and Abandoned Youth

Author: Paul Lavin

Publish Date: 1999

Length: 108 pages

This book from Child Welfare League of America, is designed to help anyone who works with abused, neglected and abandoned youth. It includes interviewing techniques and intervention strategies.

No Excuse 4 Abuse (DVD)

Author: DVD

Publish Date:

Length:

TBA

Too Scared to Cry

Author: Lenore Terr

Publish Date: 1990

Length: 340 pages

Child psychologist, Lenore Terr presents tales of terror, related to her by young victims of severe childhood trauma, in a way that is at once fascinating and educational. She shows how this trauma has affected not only the children, but all of us.

Trauma and Recovery: The Aftermath of Violence - from domestic abuse to political terror

Author: Judith Herman

Publish Date: 1992

Length: 249 pages

This treatise on the nature of trauma and the process of healing addresses the history of research and a wide array of experiences both personal and social.

Pre-adopt

Adopting a Toddler: What Size Shoes Does She Wear?

Author: Denise Harris Hoppenhauer

Publish Date: 2002

Length: 192 pages

This book dubs itself "A Comprehensive Guide to Toddler Adoption," and that's a pretty accurate description. Intended for those planning to adopt, it covers different types of adoption (domestic, international, . . .) and offers ideas for every part of the process, including chapters on naming your child, baby showers, wardrobe, child safety, mealtime, bath time, toilet training, and much more. Though much of this book focuses on pre-adoption, there is also post-adoption information.

Best of Adopted Child: For Waiting or New Adoptive Parents

Author: Lois Melina

Publish Date: 1982 to 1993

Length:

This collection of articles from 1982 to 1993 includes pieces on rituals to enhance the sense of family, bonding and attachment, and paradoxes and problems around disclosing your child's adoption.

With Eyes Wide Open: A Workbook for Parents Adopting International Children Over Age One

Author: Margi Miller

Publish Date: 1996

Length: 155 pages

Although this series of intellectual and emotional exercises in workbook format is intended for those about to adopt internationally, much of the book is relevant to the adoption of any child over the age of one, especially a transracial adoption. It addresses acting out, adjustment issues, testing, culture shock, separating from caretakers, bonding to a rejected child, and consequences of early childhood rejection.

Washington State Resource Family Lending Library Catalogue

Respite Care

Respite Care for Adoptive Families (VHS)

Author: Norma Nelson

Publish Date: October 2000

Length: 80 minutes

This ORPARC training may be useful to help both adoptive parents and the professionals who work with them think about the value and nature of respite care for families whose children have special needs. It presents practical advice on identifying existing sources of respite and choosing and training respite providers so that the unique needs of both children and parents are met, and a smooth transition for all parties is achieved.

Search and Reunion

Adoption Reader, The: Birthmothers, Adoptive Mothers and Adopted Daughters Tell Their Stories

Author: Susan Wadia-Ells Edited by

Publish Date: 1995

Length: 272 pages

These 31 personal essays and stories by women from each side of the adoption triangle are informed by the contemporary adoption movement and raise timely issues that illustrate its complexity, including the birth record debate, open and closed adoption, transracial and cross-cultural adoption, the experience of biracial adoptees, adoption by lesbian couples, etc.

Adoption Reunion Handbook, The

Author: Liz, Julia, David Trinder, Feast, Howe

Publish Date: 2004

Length: 129 pages

This Handbook, based on research, guides readers with step by step guidance on: how to begin; what to expect emotionally; legal issues; finding names and addresses, setting up a reunion; making the reunion work long term; and rejection and reunion breakdown.

Adoption Reunion Survival Guide, The

Author: Julie Jarrell Bailey

Publish Date: 2001

Length: 142 pages

This book, divided into four parts, "Preparing for a Reunion: What You Need to Know;" "Practical Advice for Sidestepping Reunion Pitfalls;" "The Tangled Web of Rights and Legal Issues;" and "More Help for Your Journey," helps identify the stages of search and reunion and offers practical, positive guidelines for the successful reunification of adoption triad members in a warm and positive manner.

Adoption Reunions: A Book for Adoptees, Birth Parents and Adoptive Families

Author: Michelle McColm

Publish Date: 1993

Length: 253 pages

Drawing on her own experiences and those of others, McColm, who has had a successful reunion with her birth mother and extended family, presents a guide for people involved in any phase of the reunion process. This book offers suggestions that can provide a road map for those who have experienced or are anticipating a reunion.

Adoption Trilogy, The: Three films by Jean Strauss (DVD)

Author: Jean Strauss

Publish Date: 2006

Length: 46 minutes

"Holding Hands", 2006, examines the relationship between Strauss and her brother, Bobby. Separated through adoption and reunited as adults, Strauss was with her brother when he died. The film addresses the issue of lifelong sibling severance in adoption and foster care. Multi-award winning short, "The Triumvirate" 2004, tells the story of Strauss's reunion with her birthmother and birth grandmother. "Vital Records" 2005, was created to help legislators understand the debate on legislation which would provide access for adoptees to their original records.

Washington State Resource Family Lending Library Catalogue

Search and Reunion

First Person Plural (VHS)

Author: Deann Borshay Liem

Publish Date: 2000

Length: 1 hour

This award winning documentary tells the story of its writer, producer, director, Deann Borshay Liem, who in 1966, was adopted by an American family and sent from Korea to her new home in California. Along the way, the memory of her birth family was nearly obliterated by time and misinformation, but recurring dreams led her to discover the truth: her Korean mother was very much alive. Bravely uniting her biological and adoptive families, Borshay Liem's heartfelt journey makes First Person Plural a poignant essay on family, loss, and the reconciling of two identities.

Get Real* (see comment about Children's Materials on Index page)

Author: Betty Hicks

Publish Date: 2006

Length: 184 pages

In this adolescent novel, 13-year-old best friends Dez and Jil are each a little envious of the other's parents – Dez's parents run a sloppy, chaotic household while the adopted Jil's keep a neat, orderly one. Jil becomes obsessed with meeting her birth mother and does so, eventually spending holidays and weekends with her new family which includes a 10-year-old half sister. Problems ensue, lessons are learned, and life is lived.

Unlocking the Heart of Adoption: Bridging the gap between birth and adoptive families (DVD)

Author: Sheila Ganz DVD

Publish Date: 2005

Length: 57 minutes

This DVD chronicles the filmmaker's journey as a birthmother, interwoven with diverse personal stories of adoptees, birthparents and adoptive parents in both same race and transracial adoptions. It examines relinquishment, growing up adopted, raising an adopted child, years of silence and shame, and searching for answers to unasked questions. In the process, we learn what the universal issues of "identity" "loss" and "needing to know the truth" mean to these people.

Whose Child? An Adoptee's Healing Journey From Relinquishment Through Reunion . . . and Beyond

Author: Kasey Hamner

Publish Date: 2000

Length: 292 pages

This is the author's adoption story in terms of its effect on her life, her relationships, her self-esteem, and her use of food and other substances; and how her reunion with her birth family helped heal her wounds.

Self-Destructive/Suicidal

Eternal High: A Teenager's Experience with Depression and Suicide that will Change Your Life (DVD)

Author: Bryce Mackie

Publish Date: ???

Length: 30 minutes.

Meet 17-year-old Bryce Mackie, a filmmaker who captured his true-life battle with depression and suicide in an award winning short film. At the time he made the film, Bryce was unaware he was suffering from depression. Eternal High includes this film and a speech he gave to his school after receiving treatment. He describes his experience with depression, thoughts of suicide, self-injury, anxiety, self-medication/substance abuse, and his treatment.

Foster Parent College: Running Away

Author: DVD

Publish Date: 2005

Length: 2 Hrs

This course explores five types of running away behavior with children: searching for roots, running from rules, running from love and intimacy, wanting to be wanted, and running to street crime. Rick Delaney discusses what foster and adoptive families can do to prevent it and how they can promote more positive behavior.

Foster Parent College: Self-Harm

Author: DVD

Publish Date: 2005

Length: 2 Hrs

This course with Rick Delaney explores five types of self-destructive behavior with children: self-injury, high-risk behavior, suicidal behavior, reckless accident proneness, and hair pulling. Meet five families whose children participate in these behaviors.

Washington State Resource Family Lending Library Catalogue

Self-Destructive/Suicidal

Night Falls Fast: Understanding Suicide

Author: Kay R. Jamison

Publish Date: 1999

Length: 311 pages

Weaving together a psychological and scientific exploration of the subject with personal essays about individual suicides, Dr. Jamison brings not only her compassion and literary skill but all of her knowledge, research and clinical experience to bear on this devastating problem. In tracing the network of reasons underlying suicide, she brings us the critical biological and psychological factors that interact to cause suicide and the powerful treatments available from modern medicine.

Sensory Integration

Brain Gym: Simple Activities for Whole Brain Learning

Author: Paul E. and Gail E. Dennison

Publish Date: 1986

Length: 36 pages

This book, in first-person story format, includes the 26 Brain Gym movements and simple instructions for how to perform them correctly. Included are specific routines of movement for specific skills such as reading comprehension and hand-eye coordination. If you know that you or your child has the ability or the information but can't seem to call upon it at will, you might benefit from having a copy of Brain Gym.

Love is a Start

Author: Donna Shilts

Publish Date: 1999

Length: 326 pages

Telling of her own courageous experience with two adoptive sons, Shilts demonstrates the incredible progress that is possible for children with neurological impairments.

Misunderstood Child, The: Understanding Sensory Integration (audiotape)

Author: Lynnette Burke

Publish Date: February 2001

Length: 4 hours

This tape of an ORPARC sponsored training at PSU explores the role Sensory Integration (defined as the ability to organize and process sensory input and to use that information to respond to the demands of our daily lives) plays in the lives of some children neurologically affected by pre-natal exposure to drugs or alcohol, or early exposure to violence, terror, or severe neglect. In other words, many of the children the state places into foster and adoptive homes! This video highlights the power of understanding Sensory Integration and its relationship to children's behavior.

Out-Of-Sync Child, The: Recognizing and Coping with Sensory Integration Dysfunction

Author: Carol Kranowitz

Publish Date: 1998

Length: 260 pages

If your child is difficult, picky, oversensitive, clumsy, unpredictable, inattentive or a combination of these, he or she may have Sensory Integration Disorder, a frequently misdiagnosed condition that can lead to abnormal activity levels, problems with motor coordination, or inappropriate sensitivity to sensation and movement. "The Out-of-Sync Child" explains how to recognize and treat children with this common disorder.

Raising A Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Integration Issues

Author: Lindsey and Nancy Biel and Peske

Publish Date: 2005

Length: 339 pages

This handbook has chapters on finding and working with occupational therapists; practical solutions for daily problems; a wide range of developmental issues; advocating for your child at school; special challenges for teenagers; empowering your child in the world; and much more.

Washington State Resource Family Lending Library Catalogue

Sensory Integration

Raising Resilient Rascals 2008: Disk 1 (DVD)

Author: DVD

Publish Date: 2008

Length: 3 hours

This disk includes the following presentations from the 2008 conference: "The Nature and Nurture of the Brain" with Julian Davies; "The Dichotomy of Foster Care Adoption" with Paulette Caswell; and "Raising Resilient Rascals in a Raging Rambunctious World" – on sensory processing – with Stephen T. Glass.

Sensory Integration and the Child

Author: A. Jean Ayres

Publish Date: 1979

Length: 179 pages

The chapters in this book are divided into three sections, "Sensory Integration and the Brain," which explains how systems normally function; "Sensory Integrative Dysfunction," which describes dysfunctional systems; and "What Can Be Done About the Problem."

Sensory Processing for Parents: From Roots to Wings (DVD)

Author: DVD

Publish Date: 1998

Length: 28 minutes

This DVD presents information about sensory processing disorders, addressing difficulties in motor coordination/planning, self-regulation and sensory defensiveness. Children are seen doing the kinds of sensory activities that help them to be successful in daily life and to feel good about themselves. Parents explain the impact these difficulties have had on the lives of their children. A major focus of this video is on strategies for addressing these sensory concerns.

Sensory Processing for Parents: From Roots to Wings (VHS)

Author:

Publish Date: 1998

Length: 28 minutes

This video presents information about sensory processing disorders, addressing difficulties in motor coordination/planning, self-regulation and sensory defensiveness. Children are seen doing the kinds of sensory activities that help them to be successful in daily life and to feel good about themselves. Parents explain the impact these difficulties have had on the lives of their children. A major focus of this video is on strategies for addressing these sensory concerns.

Teachers Ask About Sensory Integration

Author: Belle Curve Records

Publish Date: 1999

Length: 105 minutes

This tape and accompanying 42-page booklet with reproducible checklists is for you to share with any teacher willing to make an attempt to understand why problems in sensory integration affect learning, to learn useful strategies for helping these kids engage and focus, and to improve the educational and social performance of kids with SI challenges.

Sex Education

Am I Weird or Is This Normal? Advice and Info to Get Teens in the Know* (see comment about Children's Materials on Index page)

Author: Marlin S. Potash, Ed.D.

Publish Date: 2001

Length: 261 pages

Written by a mother-daughter team, this book offers practical, down-to-earth advice on issues teenage girls are dealing with today. It is written in question-and-answer form, and includes many quizzes, games, and helpful hints. In addition, the book is packed with current facts on alcohol and drugs, eating disorders, sex and relationships, after school jobs, college, and much more.

Washington State Resource Family Lending Library Catalogue

Sex Education

Asking About Sex and Growing Up: A Question and Answer Book for Boys and Girls* (see comment about Children's Materials on Index page)

Author: Joanna Cole

Publish Date: 1988

Length: 86 pages

This illustrated book is targeted at preteen boys and girls. Written in an easy to understand question-and-answer format, it addresses all aspects of sexuality from growth and development to sex and relationships. The aim of this book is to give children a healthy and accurate view of sexuality.

Before She Gets Her Period: Talking with Your Daughter about Menstruation

Author: Jessica B. Gillooly

Publish Date: 1998

Length: 158 pages

This book is designed to help parents talk with their children about all aspects of menstruation. It includes exercises and activities to get parents talking with their daughters, as well as tips on exactly what to say. In addition, the book provides insightful real life stories written by girls and women.

Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens from Middle School to High School and Beyond

Author: Debra W. Haffner

Publish Date: 2001

Length: 222 pages

In this book, the author confronts issues such as peer pressure, dating and parties, alcohol and drugs, sexual harassment, abstinence, and much more. The book is broken down to provide specific information particular to each age group from middle school to high school and beyond. It is packed with helpful exercises and an extensive appendix of additional resources. In addition, a supportive foreword is written by the author's own teenage daughter.

Finding Our Voices: Talking with our Children about Sexuality and AIDS

Author: Mothers' Voices

Publish Date: 1998

Length: 36 pages

This book is designed to help parents initiate important conversations with their children about sexuality and AIDS. It encourages parents to educate children in the home and also in the community in an attempt to make a difference in the AIDS epidemic and create stronger, healthier families. This book is filled with current statistics and many helpful resources.

Flight of the Stork

Author: Anne C. Bernstein

Publish Date: 1994

Length: 269 pages

This is for parents who are uncertain about how to talk to their children about sensitive issues, including sex and adoption. Bernstein outlines developmental stages in terms that are easily understood and describes what children's capabilities and tendencies are at each level. The book is filled with interviews with children on the subjects first of sex and later adoption, and there are many concrete suggestions for words, and more importantly, approaches to use when talking to your children.

It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch* (see comment about Children's Materials on Index page)

Author: Lory Freeman

Publish Date: 1982

Length: 24 pages

This illustrated book for preschool children is just what its title implies. Also available in Spanish

Kids Online: Protecting Your Children in Cyberspace

Author: Donna Rice Hughes

Publish Date: 1998

Length: 253 pages

This book provides simple step-by-step directions for keeping kids safe while still allowing them the many benefits of the Internet. It offers a detailed description of the serious risks of cyberspace, and gives advice on providing rules and regulations regarding online activity. This book also outlines basic computer and Internet terms and usage, for parent's who aren't exactly Internet-savvy.

Washington State Resource Family Lending Library Catalogue

Sex Education

My Body Is Private* (see comment about Children's Materials on Index page)

Author: Linda Walvoord Girard

Publish Date: 1984

Length: 25 pages

Pictures by Rodney Pate. This book gives us glimpses into the day-to-day life of Julie, the prepubescent girl who is the book's narrator. Readers learn that there are welcome and unwelcome forms of touching, and how to tell someone when you are not comfortable with being touched or held. The message is pretty straight-forward but it avoids being alarmist.

My Body, My Self for Boys* (see comment about Children's Materials on Index page)

Author: Lynda Madaras

Publish Date: 2000

Length: 92 pages

Aimed at 8 to 15 year old boys, this book explores the changing body through quizzes, exercises, checklists, illustrations, and lots of personal stories from boys (and their fathers) about their growing-up concerns and experiences. It covers such topics as body image, height, weight, growing size and shape, hair, voice changes, perspiration, pimples, reproductive organs, and the emotional problems of puberty, diet, and health.

My Body, My Self for Girls* (see comment about Children's Materials on Index page)

Author: Lynda Madaras

Publish Date: 2000

Length: 117 pages

This book is designed to help 8 to 15 year old girls learn more about the changes that take place in their bodies during puberty. It's packed with quizzes, exercises, checklists, suggestions for diary-keeping, illustrations, and personal stories from girls (and their mothers) about their growing-up concerns, experiences, and feelings. It covers everything affected by the onset of puberty, from body image, height, weight, pimples, and cramps to first periods, first bras, and first impressions.

No More Secrets for Me* (see comment about Children's Materials on Index page)

Author: Oralee Wachter

Publish Date: 1983

Length: 47 pages

This book, designed to help children avoid sexual abuse, presents four illustrated stories in which children encounter situations that make them feel uncomfortable. Each story offers appropriate examples of how children might respond in such difficult and confusing circumstances. This might serve as a tool for parents to teach their children how to respond in similar scenarios, or to help their children talk about events they might have encountered in their pasts.

Raising a Child Responsibly in a Sexually Permissive World

Author: Judith Gordon, MSW Sol Gordon, Ph.D.

Publish Date: 2000

Length: 233 pages

This book teaches parents how to give their children the guidance they need to develop healthy, positive attitudes about sex, and to counter media and peer pressures. It will help you to discuss this sensitive topic in an open, informed way and to take responsibility for being your child's primary sex educator.

Sex and Sensibility

Author: Deborah M. Roffman

Publish Date: 2001

Length: 325 pages

This is a practical guide for parents and teachers of adolescents. A wide range of topics are covered including age appropriateness, what sex really is, values, sexual health, partnerships, gender, and sexual orientation. This book helps parents learn how to educate and empower their teenage children.

Sex Book, The* (see comment about Children's Materials on Index page)

Author: Jane Pavanel

Publish Date: 2001

Length: 196 pages

This cartoon-illustrated book is a glossary/encyclopedia of terms and slang, realities and myths exposed, and questions and answers related to the sexes. It covers such topics as venereal diseases, pregnancy, arousal, birth control, body parts -- external and internal, puberty, sexual preferences, drugs, menstruation, abuse, masturbation, etc. etc. It is very thorough and up to date. It could be helpful for adolescents and parents in the fast changing world of slang, cyber sex, ecstasy type drugs and even diseases.

Washington State Resource Family Lending Library Catalogue

Sex Education

Sexuality: Your Sons and Daughters with Intellectual Disabilities

Author: Karin Melberg Schwier

Publish Date: 2000

Length: 196 pages

From this book, parents will learn how to interact with their children-no matter their age or ability-in a way that increases self-esteem, encourages appropriate behavior, empowers them to recognize and respond to abuse, and enables them to develop lifelong relationships. Parents share the joys and challenges of raising a child with an intellectual disability and offer helpful advice and practical strategies. Individuals with intellectual disabilities explain, too, what is important to them.

Teenage Human Body Operator's Manual, The* (see comment about Children's Materials on Index page)

Author: Lee White

Publish Date: 1998

Length: 167 pages

This book attacks the difficult topics of puberty, sex, health, and safety through games, quizzes, and many humorous illustrations. It covers a wide range of topics that are of concern to teens and preteens such as pregnancy, STD's, personal hygiene, eating disorders, and drug and alcohol abuse.

Ten Talks Parents Must Have With Their Children About Sex and Character

Author: Pepper Schwartz, Ph.D.

Publish Date: 2000

Length: 379 pages

Based on proven approaches the authors are using in workshops across the country, this book offers advice on exactly how to begin and what to say about ten important issues. Providing information from sex, to peer pressure, to Internet use, this illustrated book helps prepare kids for the complex world of relationships, sex, and growing up.

Understanding Your Child's Sexual Behavior: What's Natural and Healthy

Author: Toni Cavanagh Johnson

Publish Date: 1999

Length: 186 pages

This readable, easily understood book for parents and caregivers explains children's developing sexuality -- when their behaviors are normal and when to be concerned. It focuses on children from birth to approximately 12 years, providing valid strategies to both understand the behavior and respond to it.

What if Someone I Know Is Gay? Answers to Questions About Gay and Lesbian People* (see comment about Children's Materials on Index page)

Author: Eric Marcus

Publish Date: 2000

Length: 138 pages

Aimed at teenagers, this book breaks down the stereotypes surrounding homosexuality. Written in question-and-answer form, the author answers real questions from real teenagers about everything from sex to religion. He pushes aside all of the myths and misinformation to help kids understand what being gay is really all about.

What's Happening to Me?* (see comment about Children's Materials on Index page)

Author: Peter Mayle

Publish Date: 1994

Length: 50 pages

This anatomically explicit illustrated guide to puberty contains the answers to "some of the world's most embarrassing questions." Aimed at preteen boys and girls, it explores such topics as sex, masturbation, growth, and body image.

What's Happening to My Body? Book for Boys, The* (see comment about Children's Materials on Index page)

Author: Lynda Madaras

Publish Date: 2000

Length: 231 pages

This comprehensive puberty education and health book targets 8 to 15 year old boys. It offers down-to-earth information on the body's changing size and shape, the growth spurt, reproductive organs, voice changes, body hair, puberty, and much more. This best-selling classic includes an introduction for parents.

Washington State Resource Family Lending Library Catalogue

Sex Education

What's Happening to My Body? Book for Girls, The* (see comment about Children's Materials on Index page)

Author: Lynda Madaras

Publish Date: 2000

Length: 255 pages

This easy to read health book aimed at 8 to 15 year old girls provides factual information on all aspects of girls' transformation into womanhood. The introduction is for the parent, the book for the young girl. It addresses the body's changing size and shape, breasts, the reproductive organs, the menstrual cycle, body hair, and much more.

What's the Big Secret?: Talking about Sex with Girls and Boys* (see comment about Children's Materials on Index page)

Author: Laurie Krasny Brown

Publish Date: 1997

Length: 32 pages

With chapters entitled "How Do Boys and Girls Differ?"; "More About Girls' and Boys' Bodies;" and "Why Boys and Girls Differ: A Little Lesson in Reproduction," this children's book (pre-school-grade 3) with anatomically correct cartoon illustrations is intended to help parents talk about "where babies come from" in an enlightened way.

Where Did I Come From?* (see comment about Children's Materials on Index page)

Author: Peter Mayle

Publish Date: 1977

Length: 43 pages

For more than twenty years, this book has helped parents explain the facts of life to their curious children. It helps describe to young children how babies are really made. It is packed full of humorous illustrations and honest facts about love, sex, pregnancy, and the birth process.

Your Body Belongs to You* (see comment about Children's Materials on Index page)

Author: Cornelia Spelman

Publish Date: 1997

Length: 18 pages

This children's picture book teaches very young children about their bodies and about how to distinguish between "good touch" and "bad touch." It teaches children that their bodies belong to them and them alone, and that it is ok to say "no" to someone, even an adult, if touch makes them feel uncomfortable. It also encourages positive touch such as cuddling and hugging between parents, children, and friends, in a safe environment.

Sexual Abuse

Adoption and the Sexually Abused Child

Author: Joan McNamara

Publish Date: 1990

Length: 164 pages

This anthology in twelve chapters draws on the experience and wisdom of a variety of experts, covering a wide range of issues in the complex area of adoption and sexually abused children.

Adoptive Family as a Healing Resource for the Sexually Abused Child, The: A Training Manual

Author: Deborah Minshew

Publish Date: 1990

Length: 83 pages

Recognizing the importance of placing sexually abused children in families where they will be loved by trustworthy adults, and can feel worthy of being loved and cared for, these authors present a guide to help prepare adoptive parents to develop healthy family environments for such at-risk children. The manual describes how to integrate the sexually abused child successfully into the adoptive family, and includes advice on the management of inappropriate sexual behavior.

Best of Adopted Child: For Parents Adopting Children Affected by Substance or Sexual Abuse

Author: Lois Melina

Publish Date: 1982 to 1997

Length:

This collection of articles from 1982 to 1997 includes pieces on how cocaine and alcohol affect the unborn, hereditary vs. environmental influences on alcoholism, hyperactivity, and the effects and symptoms of sexual abuse.

Washington State Resource Family Lending Library Catalogue

Sexual Abuse

Father-Daughter Incest

Author: Judith L. Herman

Publish Date: 1981

Length: 249 pages

New Afterword 2000: Through an intensive clinical study of forty incest victims and numerous interviews with professionals in mental health, child protection, and law enforcement, Judith Herman develops a composite picture of the incestuous family. In a new afterword, Herman offers a lucid and thorough overview of the knowledge that has developed about incest and other forms of sexual abuse since this book was first published.

Guide For Parents of Children Who Molest, A

Author: Eliana Gil

Publish Date: 1995

Length: 30 pages

This pamphlet is for parents who face a crisis when their child molests, and who must resolve their own feelings of denial, anger and shame while helping their child through this difficult time. This is particularly stressful when there is sibling sexual abuse.

Internet Crimes Against Children Task Force (2 CDs)

Author: CD

Publish Date: 1999

Length:

This interactive CD-ROM, produced by the Internet Crimes Against Children Taskforce, offers stories for grades K-2; grades 3-6; middle & high school; and for parents/communities, that allow participants to interact and make safe (or not) choices, while alerting viewers to the array of dangers that are out there.

It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch* (see comment about Children's Materials on Index page)

Author: Lory Freeman

Publish Date: 1982

Length: 24 pages

This illustrated book for preschool children is just what its title implies. Also available in Spanish

My Body Is Private* (see comment about Children's Materials on Index page)

Author: Linda Walvoord Girard

Publish Date: 1984

Length: 25 pages

Pictures by Rodney Pate. This book gives us glimpses into the day-to-day life of Julie, the prepubescent girl who is the book's narrator. Readers learn that there are welcome and unwelcome forms of touching, and how to tell someone when you are not comfortable with being touched or held. The message is pretty straight-forward but it avoids being alarmist.

No More Secrets for Me* (see comment about Children's Materials on Index page)

Author: Oralee Wachter

Publish Date: 1983

Length: 47 pages

This book, designed to help children avoid sexual abuse, presents four illustrated stories in which children encounter situations that make them feel uncomfortable. Each story offers appropriate examples of how children might respond in such difficult and confusing circumstances. This might serve as a tool for parents to teach their children how to respond in similar scenarios, or to help their children talk about events they might have encountered in their pasts.

Not in Room 204* (see comment about Children's Materials on Index page)

Author: Shannon Riggs

Publish Date: 2007

Length: 29 pages

This beautifully illustrated (by Jaime Zollars) winner of the 2007 Oregon Book Award for children's literature focuses on the grade school classroom of Mrs. Salvador, who instills basic values such as honesty, neatness, and courteousness. The day after she talks to the class about reporting inappropriate touching, one of her students comes forward.

Washington State Resource Family Lending Library Catalogue

Sexual Abuse

Parenting the Sexually Troubled Child

Author: Kathy Nordahl

Publish Date: October 18,
2000

Length: 2 hours

This October 18, 2000 training, designed to assist parents with assessing the severity of their child's behaviors along with practical interventions when children need help, was presented to a small group of parents with time for questions and consultation.

Sexuality: Your Sons and Daughters with Intellectual Disabilities

Author: Karin Melberg Schwier

Publish Date: 2000

Length: 196 pages

From this book, parents will learn how to interact with their children-no matter their age or ability-in a way that increases self-esteem, encourages appropriate behavior, empowers them to recognize and respond to abuse, and enables them to develop lifelong relationships. Parents share the joys and challenges of raising a child with an intellectual disability and offer helpful advice and practical strategies. Individuals with intellectual disabilities explain, too, what is important to them.

Sexually Reactive and Aggressive Children (VHS)

Author: Ed-Net Series

Publish Date: 1996

Length: 2 hours

EXPLICIT LANGUAGE: This panel presentation includes foster parents and two professionals. A continuum of behaviors is described for children from birth to age 12. In the first half, professionals, highlight the components of a good assessment (locating behavior along the continuum?) and types of treatment. In the second half, foster parents detail practical tips for living with children who act out sexually. The importance of supervision; establishing trust, boundaries, confidentiality and safety; open communication; and sex education are emphasized.

Sexually Reactive Children in Adoption and Foster Care

Author: Joan McNamara

Publish Date: 1994

Length: 138 pages

This anthology discusses the complicated intertwining of abuse and attachment and the need to effectively respond to children's abuse-reactive behaviors.

Telling Secrets: An Artists Journey Through Childhood Trauma

Author: Jane Orleman

Publish Date: 1998

Length: 113 pages

Artist/author, Jane Orleman's frank, explicit paintings here are graphic and unsparing in their power. Through a generous selection of visual images and text, this work expresses the legacy, in an individual life, of childhood physical and sexual trauma, and the transformations that take place when healing occurs.

Too Scared to Cry

Author: Lenore Terr

Publish Date: 1990

Length: 340 pages

Child psychologist, Lenore Terr presents tales of terror, related to her by young victims of severe childhood trauma, in a way that is at once fascinating and educational. She shows how this trauma has affected not only the children, but all of us.

Treating the Aftermath of Sexual Abuse: A Handbook for Working with Children in Care

Author: Osmond

Publish Date: 1998

Length: 144 pages

This handbook is intended to guide caregivers and other professionals as they learn to understand the child's story in the signs and signals that he or she gives them through behavior. As caregivers become careful, thoughtful listeners, they will be able to use day-to-day events in helping the child tell his or her story, understand how abuse has shaped the child's life, and find the path to healing.

Washington State Resource Family Lending Library Catalogue

Sexual Abuse

Understanding Children's Sexual Behaviors: What's Natural and Healthy

Author: Toni Johnson

Publish Date: 1998

Length: 20 pages

This 20-page booklet provides a definition of natural and healthy childhood sexual behaviors and contrasts this with 20 characteristics of children's sexual behaviors which might alert adults that an assessment of the child by a qualified professional is indicated.

Understanding Your Child's Sexual Behavior: What's Natural and Healthy

Author: Toni Cavanagh Johnson

Publish Date: 1999

Length: 186 pages

This readable, easily understood book for parents and caregivers explains children's developing sexuality -- when their behaviors are normal and when to be concerned. It focuses on children from birth to approximately 12 years, providing valid strategies to both understand the behavior and respond to it.

Sexualized Behavior

Entendiendo Los Comportamientos Sexuales En La Ninez

Author: Toni Cavanagh Johnson

Publish Date:

Length: 28 pp

TBA

Foster Parent College: Sexualized Behavior

Author: DVD

Publish Date: 2003

Length: 2 Hrs

This course explores four types of sexualized behavior problems with children: obsessive sexual behavior, sexual behavior with siblings, seductive behavior towards adults, and public masturbation. Rick Delaney helps foster and adoptive parents understand the forces behind children's sexual acting out and shows how to recognize the warning signs and take appropriate actions.

Guide For Parents of Children Who Molest, A

Author: Eliana Gil

Publish Date: 1995

Length: 30 pages

This pamphlet is for parents who face a crisis when their child molests, and who must resolve their own feelings of denial, anger and shame while helping their child through this difficult time. This is particularly stressful when there is sibling sexual abuse.

Helping Children With Sexual Behavior Problems (2007)

Author: Toni Cavanagh Johnson

Publish Date: 2007

Length: 40 pp

TBA

Sexualized Child in Foster Care, The: A Guide for Foster Parents and Other Professionals

Author: Sally G. Hoyle

Publish Date: 2000

Length: 99 pages

This practical guide, written for foster parents and child welfare professionals, gives information, training tips, and a wide range of resources for dealing with foster children who have been sexually abused. Chapters include sex and sexuality, normal and abnormal behavior, treatment methods, sexually aggressive children, burnout remedies, recommended research topics and training.

Washington State Resource Family Lending Library Catalogue

Sexualized Behavior

Understanding Children's Sexual Behaviors: What's Natural and Healthy

Author: Toni Johnson

Publish Date: 1998

Length: 20 pages

This 20-page booklet provides a definition of natural and healthy childhood sexual behaviors and contrasts this with 20 characteristics of children's sexual behaviors which might alert adults that an assessment of the child by a qualified professional is indicated.

Understanding Children's Sexual Behaviors: What's Natural and Healthy (2007)

Author: Toni Cavanagh Johnson

Publish Date: 2007

Length: 24 pp

TBA

Understanding Your Child's Sexual Behavior: What's Natural and Healthy

Author: Toni Cavanagh Johnson

Publish Date: 1999

Length: 186 pages

This readable, easily understood book for parents and caregivers explains children's developing sexuality -- when their behaviors are normal and when to be concerned. It focuses on children from birth to approximately 12 years, providing valid strategies to both understand the behavior and respond to it.

Siblings

Adoption Trilogy, The: Three films by Jean Strauss (DVD)

Author: Jean Strauss

Publish Date: 2006

Length: 46 minutes

"Holding Hands", 2006, examines the relationship between Strauss and her brother, Bobby. Separated through adoption and reunited as adults, Strauss was with her brother when he died. The film addresses the issue of lifelong sibling severance in adoption and foster care. Multi-award winning short, "The Triumvirate" 2004, tells the story of Strauss's reunion with her birthmother and birth grandmother. "Vital Records" 2005, was created to help legislators understand the debate on legislation which would provide access for adoptees to their original records.

Blended Families: Foster, Adoptive, Bio and Multicultural Sibs (VHS)

Author: Ed-Net Series

Publish Date: 1996

Length: 2 hours

A panel of speakers including a DHS adoption worker, Foster/Adoption parent, and social worker from the Casey Family Program, discussed the external impacts on development of identity, the role of significant others in development of identity, the five stages of identity development, and the challenges of a blended family.

Brothers and Sisters in Adoption

Author: Arleta James

Publish Date: 2009

Length: 480 pages

Adding a child with a history of neglect or trauma to a family that already has children cannot be a seamless transition. The expectations of everyone involved must be realistic. The new child will need special attention and services that may take away time and attention from the already resident kids; family life is likely to be turned topsy-turvy until appropriate counseling and supports are in place; relationships will change. Here are insights and practical tools to help newly configured families prepare, and mobilize to meet the practical, physical and emotional needs of all family members.

Honoring Sibling Relationships (CD)

Author: NACAC Conference 2006 CD

Publish Date: 2006

Length: 90 minutes

For children who have spent time in foster care, some of their greatest angst comes from being separated from their siblings. How can we as parents, advocates and professionals help ensure that siblings have the opportunity to grow up together, and when they do not, that their relationships and bonds are honored, valued and protected?

Washington State Resource Family Lending Library Catalogue

Siblings

How I Became a Big Brother: An Adoption Story* (see comment about Children's Materials on Index page)

Author: Dave Moore

Publish Date: 2008

Length: 19 pages

This is a simple adoption story told from the standpoint of a little boy whose biological parents decide to bring another child into the home through adoption. They prepare him for welcoming his new brother, and despite some early apprehension, he enthusiastically welcomes this newcomer into his family.

Keeping Families Healthy (3 audiotapes)

Author: Holly van Gulden

Publish Date: 2002

Length:

Healthy siblings seldom receive enough attention and support when another child acts out. How do parents and children cope with this dilemma? What are healthy children's needs in time of crisis? This first of three workshops attempts to clarify such issues.

Adopted children who struggle with unresolved loss and/or poor attachment often exhibit acute episodes of rage and chronic or intermittent patterns of passive-aggressive non-compliance. Understandably, such behaviors can and do trigger angry responses, sometimes rage, in parents and siblings. This workshop analyzes anger and offers techniques for avoiding continual battles, managing healthier anger resolution, de-escalating rage episodes, and establishing a healthy, joyful family environment.

When the adopted child brings severe stress to the family, parents need help in sorting out what is going on. What are the needs of the child, siblings, and parents? This workshop discusses how to help parents evaluate conflicting needs of family members and how to let go of their dream -- their expectations of this child and their adoption.

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Little Heroes Foster Care and Adoption* (see comment about Children's Materials on Index page)

Author: Kristin & Tracy Condon & Crabb

Publish Date: 2003

Length: 32 pages

This issue focuses on two brothers, Robert and Philip, in the welfare system and their tale of new homes and separation. Little Heroes can help brothers and sisters of a new child in the family be more tolerant of the emotional turmoil of adoption, as well as help them accept the new sibling's behaviors that frustrate them and contribute to conflict in sibling relationships.

Washington State Resource Family Lending Library Catalogue

Siblings

Siblings Confusion: Were You, Are You, Will You Be My Sister/Brother? (audiotape)

Author: Audiotape

Publish Date: 2002

Length:

In this workshop, speaker, Joyce Maguire Pavao outlines some of the critical issues for birth parents, and adoptive parents, with regards to the relationships between their children and those children's siblings.

Siblings Confusion: Were You, Are You, Will You Be My Sister/Brother? (CD)

Author: CD

Publish Date: 2002

Length:

In this workshop, speaker, Joyce Maguire Pavao outlines some of the critical issues for birth parents, and adoptive parents, with regards to the relationships between their children and those children's siblings.

Siblings Without Rivalry

Author: Adele Faber

Publish Date: 1998

Length: 240 pages

This book, not related to adoption, challenges the notion that constant, unpleasant conflict among siblings is natural and unavoidable. It uses action-oriented, accessible anecdotes and stories to show parents many ways to teach children to get along. The highly informative text is punctuated with helpful summary/reminder boxes and cartoons illustrating key points.

Siblings: Always and Forever (audiotape)

Author: Audiotape

Publish Date: 2002

Length:

Hundreds of sibling groups are placed yearly across the country. In many cases siblings are separated. This workshop focuses on the continued contact of a sibling group of three children placed in two separate homes. It explores the creativity of families who have joined in the best interest of their children.

Siblings: Always and Forever (CD)

Author: CD

Publish Date: 2002

Length:

Hundreds of sibling groups are placed yearly across the country. In many cases siblings are separated. This workshop focuses on the continued contact of a sibling group of three children placed in two separate homes. It explores the creativity of families who have joined in the best interest of their children.

Spanish Language Materials

100 cosas que puedes hacer para Amar a tu hijo

Author: Judy Ford

Publish Date: 1998

Length:

Las exigencias y los esfuerzos que supone combinar la vida profesional con la educación de los hijos nos deja cada vez menos espacio para disfrutar de nuestros hijos. El hecho de estar siempre tan ocupados, cansados y abrumados, y además intentar ser padres y madres perfectos, no puede hacer olvidar que nuestros hijos necesitan de vez en cuando un delicado recordatorio de nuestro amor por ellos. "100 cosas que puedes hacer para amar a tu hijo" es una guía para todos los padres que quieren convertir el amor en actos y así ofrecer a sus hijos el mejor de los comienzos en la vida. Este libro brinda toda una serie de indicaciones para fortalecer a la familia.

101 Maneras de hacer que su hijo se sienta especial

Author: Vicki Lansky

Publish Date: 2000

Length: 111 pages

¡Haga que su hijo se sienta especial! Ayude a su hijo a escribir un cuento y después encuadérnelo en un libro permanente con tapas duras. Compre un árbol, arbusto o planta perenne y plántelo para celebrar una ocasión especial. Haga un viaje a la biblioteca para aplicar una tarjeta de membresía tan pronto como su hijo pueda escribir su nombre. Relájese en una hamaca con su hijo - ese es tiempo agradable y de calidad.

Washington State Resource Family Lending Library Catalogue

Spanish Language Materials

Adopción. La caída del prejuicio, Proyecto de Ley Nacional de Unión Civil

Author: Jorge Horacio Raíces Montero

Publish Date: 2004

Length: 147 pages

Material producido por: Jorge Horacio Raíces Montero, Eva Giberti, Juan Carlos Volnovich, Jorge Garaventa, Doris Hajer, Alfredo Grande, Enrique Stola, Isabel Monzón, Eduardo Daniel Fernández, Alicia Le Fur, María del Carmen López de Franchini, Cristina Adrover, Diana Fainstein, Luis María Aller Atucha, María Casariego, Curtis E. Hinkle, Olivia Watts, Graciela Medina, Eduardo Torres Rocha, Valeria Paván, Sandra Silvina Soria, Patricio Gómez di Leva, Martín Engelman, Sergio Carlos Zucca, y colaborada por la Comunidad Homosexual Argentina (CHA).

El libro es una compilación de ensayos de distintos autores, todos ellos profesionales de prestigio, mayoritariamente del campo de la psicología y especialistas en el abordaje de los temas de la infancia, niñez y adolescencia. Los autores unánimemente y con sólidos argumentos científicos y datos estadísticos plantean que no existe impedimento alguno para que la legislación avance en reconocer el derecho a la adopción por parte de parejas del mismo sexo en el marco de una ley nacional de Unión Civil.

Rige desde hace años la Convención Internacional sobre los Derechos del Niño, y sin embargo, salvo honrosas excepciones, la justicia aplicando la tutelar Lay de Patronato de 1919. La estructura de las relaciones de pareja y familia ya no es únicamente heteronormativa.

La sociedad es conciente de las relaciones entre personas Gays, Lesbianas, Travestis, Transexuales, Transgéneros, Bisexuales e Intersexuales (GLTTTBI). Ciencia admite que los niños/as que crecen con madres/padres GLTTTBI se desarrollan en forma adecuada en lo cognitivo, social, emocional y sexual. El desarrollo en los niños/as es más influenciado por la naturaleza de las relaciones e interacciones dentro de la familia que por la forma estructural particular de la misma.

Si la orientación sexual o la identidad de género son algo esencial y constitutivo, debe ser igualmente aceptable otorgar a las personas todos los derechos y consideraciones de manera igualitaria. La crianza por madres/padres GLTTTBI no debe implicar problemas añadidos al proceso de educación.

Maternidad y paternidad son funciones independientes de la orientación sexual o la identidad de género. La estructura psicológica y la adaptación social del niño/a no está relacionada con las características anteriormente citadas sino con el cumplimiento de las funciones.

Existen trabajos epistemológicamente válidos, donde se enfatiza que niños/as de padres GLTTTBI son menos proclives a la proyección discriminatria y más tolerantes a la diversidad.

Washington State Resource Family Lending Library Catalogue

Spanish Language Materials

Adopción: El nido anhelado

Author: Eva Rotenberg

Publish Date: 2004

Length: 141 pages

"El nido anhelado" arroja una Mirada acerca de la importancia del vínculo como vehículo portador de afecto y alimento, dos nutrientes indispensables. En la criatura humana el nacimiento biológico no es suficiente para producir el nacimiento psicológico. Para que el bebé llegue a ser adulto, se precisa contar con una base segura de sostén emocional.

La autora acompaña a los padres en la difícil tarea de ayudarlos a explicar a sus hijos que son adoptados.

Este libro habla de los miedos, trabas y fantasías de los padres y de los hijos en las distintas etapas: antes de adoptar, en la relación con el bebé, con el niño y el adolescente. Con los padres y los abuelos. El propósito es brindar orientación y sostén, acompañándolos en este proceso de vida.

El punta de partida es el encuentro, y a partir de aquí, mantener el difícil equilibrio del crecimiento vincular e individual. En este sentido el libro apunta a la prevención de conflictos futuros. Cuando éstos ya existen, orienta a la comprensión.

Finalmente, en un diálogo con colegas, comparte su large experiencia profesional.

"El nido anhelado es una lectura indispensable para padres, hijos y profesionales que atraviesan el profundo sentir de la adopción".

Eva Rotenberg: Psicóloga de la Universidad de Buenos Aires (U.B.A.). Psicoanalista, miembro Titular de la Asociación Psicoanalítica Argentina. Miembro Titular de la Asociación Psicoanalítica Internacional, especialista en niños y adolescentes; especialista en Terapia Familiar y de Pareja; coordinadora de Terapia Multifamiliar en la Liga Israelita Argentina de Lucha contra la tuberculosis; docente en el Centro Racker de la Asociación Psicoanalítica Argentina; fue docente de residentes de pediatría en el Policlínico Bancario. Docente de Terapia Familiar en el Centro Corneliá y de Pediatras y Psicopedagogos en la Clínica Logos (Barcelona) y autora de diversos trabajos científicos sobre abuso sexual infantil y otros.

Adopción: hablando con tu hijo

Author: Patricia Martínez Dorner, MA, LPC, LMFT

Publish Date: 1991

Length:

"Adopción: hablando con tu hijo" tiene como propósito familiarizar padres adoptivos, padres biológicos y otras personas interesadas en las cuestiones y preguntas que los niños adoptados tendrán que resolver a medida que crecen. La autora trata este tema a través de las etapas del desarrollo del niño, empezando con la infancia y progresando a los años adolescentes.

Washington State Resource Family Lending Library Catalogue

Spanish Language Materials

Ayudando a los Niños Hiperactivos con Deficiencia de Atención (DDA)!

Author: John F. Taylor

Publish Date: 1994

Length: 60 minutes

Este video le ofrece varias técnicas para ayudar a los estudiantes con DDA:

- A tomar mejores apuntes,
- A mantener la organización,
- A quedarse quieto,
- A mantener la actitud "Sí puedo hacerlo,"
- A hacer mejor la tarea,
- A mejorar en los exámenes,
- A obtener mejores notas,
- Y mucho más.

SOBRE EL AUTOR:

John F. Taylor, Ph.D., practica como psicólogo familiar. El Dr. Taylor es un experto en el area de DDA. Él mismo tiene tres niños con DDA. Es el autor de "Helping your Hyperactive Attention Deficit Child", "The Attention Deficit Hyperactive Student at School", y una serie audiovisual en titulada: "Answers to ADD".

SOBRE EL NARRADOR:

William A. Mosier, M.D., Ed.D. El Dr. William A. Mosier es médico y practica la psicoterapia. É les especialista de los niños con DDA y professor de Psicología Infantil en la Universidad de Texas. También es padre de dos niños. A nivel internacional, el Dr. Mosier ha presentado seminaries sobre DDA en lugares como México, Brasil y la República Dominicana, al igual que en los Estados Unidos.

Washington State Resource Family Lending Library Catalogue

Spanish Language Materials

Carta al hijo que entregué en adopción – Y ese mundo de padres e hijos

Author: Julio César Labaké

Publish Date: 2000

Length: 148 pages

Comentario por el doctor Alejandro Molina:

"Conocíamos la realidad de la adopción y sus normal legales. Labaké nos introduce en el corazón de sus protagonistas. Conocíamos muchas experiencias de adopción. Labaké nos acompaña a descubrir los núcleos psicológicos y existenciales que constituyen la clave necesaria para su plenitud. Conocíamos a los actores de cada historia de adopción: un hijo, una madre que lo entrega en adopción, y unos padres que reciben su vida. Labaké nos revela con una calidez inigualable los sentimientos más profundos, más temidos, y más reconfortantes, que culminan en el misterioso sentido de esas vidas. Posiblemente, nunca se ha penetrado en los meollos de esta historia tan humana de separaciones y encuentros, con tanta valentía, con tanta lucidez y con tanto compromiso por la vida....Es posible que muchos hijos, adoptivos o no, y muchos padres, adoptivos o no, encuentren en este libro una cálida inspiración y una fuerza particular para vivir".

LUMEN-HUMANITAS tiene el profundo agrado de entregar esta obra al público de habla hispana, con la certeza de que pronto será leída en otros idiomas.

Julio César Labaké es maestro normal, bachiller en Filosofía, licenciado en Psicología, doctor en Psicología Social, conferencista y escritor. Su tesis doctoral es El problema actual de la educación (Bonum, 4.a edición).

Es autor de 30 libros, entre los que se destacan: Es posible educar (Santillana), adolescencia y personalidad (Bonum), El hombre, la libertad y los valores (Bonum), Test multifactorial de orientación vocacional (Bonum), y el Método para aprender a pensar, MAP, para EGB-3, (Santillana, 1998), de amplia difusión en la República Argentina y que empieza a extenderse por América latina, y MAP-U, para preuniversitarios y universitarios (Santillana, 2000).

En nuestra editorial ha publicado La palabra y la vida, un breve ensayo del que Víctor Massuh dijo: "Es un libro noble".

Ha sido director nacional de Educación Superior, luego director de Formación y Capacitación Docente, y miembro del Primer Comité Argentino para la Integración de la Educación en el Mercosur. Fue uno de los más destacados animadores del "Segundo Congreso Pedagógico Nacional".

Desde 1997, es miembro honorario del Instituto de Filosofía de la Universidad Nacional de Lomas de Zamora. En 1998 fue distinguido con el "DIPLOMA DE HONOR: El niño y la televisión", en la República Argentina, por su trayectoria y aporte en el campo educativo. En 1999 fue designado "profesor visitante" de la Universidad de Cuenca del Plata, Corrientes. Es director académico del Instituto Cultural Salamanca, de Buenos Aires.

Conferencista reclamado en numerosos congresos y eventos nacionales e internacionales, ha expuesto en México, Costa Rica, Colombia, Venezuela, Ecuador, Perú, Paraguay, Uruguay, Senegal y España. Vive su tarea profesional cotidiana en el consultorio de psicoterapeuta, fuente inagotable de su inspiración como pensador, conferencista y escritor. Labaké está casado con Angélica del Carmen Rebolledo, y es padre de dos hijos: Julio César (24) y María Angélica (20).

Washington State Resource Family Lending Library Catalogue

Spanish Language Materials

Claves Para Criar A Un Hijo Adoptado - Guías Para Padres

Author: Kathy Lancaster

Publish Date: 1999

Length: 200 pages

Preparación para la inserción, creando vínculos afectivos, desarrollando la autoidentidad y autoestima del niño, en sus etapas de crecimiento. La autora nos presenta una serie de actitudes y respuestas para criar hijos felices y bien adaptados, como así también la forma de integrarlos en la familia, responder sus preguntas respecto de la adopción y mucho más.

Esta colección brinda ayuda efectiva a los padres que necesitan resolver aspectos puntuales de la crianza de sus hijos. En las cambiantes situaciones actuales, criar hijos es diferente—y en muchos aspectos más difícil—que en otras épocas. Las Guías Errepar para Padres hablan a los padres de hoy con respuestas a los problemas de hoy.

Si usted acaba de adoptar un niño y quiere hacer de él o ella una persona feliz, usted necesita consejos especiales. Este libro guía a los padres con métodos prácticos y sensibles a la vez. La autora aborda todos los casos y situaciones que se pueden presentar.

Claves Para Niños Con Problemas Para Dormir - Guías Para Padres

Author: Susan E. Gottlieb

Publish Date: 1999

Length: 189 pages

Esta colección brinda ayuda efectiva a los padres que necesitan resolver aspectos puntuales de la crianza de sus hijos. En las cambiantes situaciones actuales, criar hijos es diferente - y en muchos aspectos más difícil - que en otras épocas. Las Guías Errepar para Padres hablan a los padres de hoy con respuestas a los problemas de hoy. Una conocida pediatra se refiere a las situaciones características del sueño en cada etapa del desarrollo infantil.

Cómo ayudar a niños y niñas que han sido sexualmente abusados

Author: ORPARC

Publish Date:

Length: 24 páginas

Este paquete está dividido en tres partes: ¿Qué es el abuso sexual y cómo afecta a los niños?, Cómo ayudar al niño que ha sido sexualmente abusado, ¿Cómo puede el padre ayudar al niño que ha sido sexualmente abusado a que se mejore y sea más feliz?

Cómo disciplinar a los niños sin sentirse culpable - Guía para padres y maestros

Author: Harris Clemes, Ph.D.

Publish Date: 1994

Length: 86 pages

La educación de un niño es una tarea que requiere de esfuerzo, constancia y años de trabajo. Tanto padres como maestros necesitan tener una base que les ayude a realizar con éxito esta difícil labor en la que se presentan numerosos obstáculos. Este libro le mostrará cómo dirigir la conducta del niño, premiando su buen comportamiento, estableciendo sus quehaceres en el hogar y siendo consistente con la disciplina.

Cómo evitar que sus hijos consuman drogas

Author: Ken Barun

Publish Date: 2000

Length: 245 pages

La adicción a las drogas es un problema real y que va en aumento entre niños y adolescentes. El impacto que tiene en la vida de los consumidores y de sus seres cercanos es, necesariamente, negativo.

En este libro se enfoca esta problemática de forma clara y accesible para todos aquellos padres o amigos que deseen mantener este problema lejos de sus vidas o que se interesen en ayudar a quien padezca cualquier tipo de adicción. Aquí encontrará una combinación completa y precisa sobre diferentes tipos de sustancias y ejemplos de tratamientos exitosos. Con un enfoque serio, el libro le ayudará, principalmente, a detectar los síntomas y actitudes en los adolescentes que caen víctimas de las adicciones.

Un libro esencial que no debe faltar en la biblioteca de todo padre de familia interesado en el sano desarrollo de sus hijos.

Washington State Resource Family Lending Library Catalogue

Spanish Language Materials

Cómo hablar para que los niños escuchen y cómo escuchar para que los niños hablen

Author: Adele Faber

Publish Date: 2000

Length: 262 pages

Esta obra es un manual con ejercicios prácticos que se graban sin dificultad en la memoria y contiene ejemplos de diálogos que los lectores pueden adaptar a su estilo y a sus situaciones personales. Las autoras están convencidas de que en la educación existen mejores recursos que el castigo, y que la forma más inteligente para formar a un niño es enseñarlo a ser autónomo y a tener una imagen positiva de sí mismo.

Cómo se vive "la adopción"

Author: Martha Caselli de Ferreyra

Publish Date: 1996

Length: 176 pages

- Para padres adoptivos
- Para futuros adoptantes.
- Para maestros, profesores y pedagogos.
- Para profesionales de diversas especialidades.
- Para todos aquellos que se interesan por el tema.

Los trámites de la adopción; La selección de los futuros padres; La herencia biológica; Los temores; Los prejuicios; La otra cara de la adopción; ¿Por qué hay más niños para regalar o vender que para adoptar legalmente?; La revelación de la verdad al hijo adoptivo; La adopción de niños mayorcitos; El servicio social y la adopción; “Un cuento para los pequeños”, el tema de la adopción en una narración para los más chiquitos

Comentario por la Psicóloga Alicia Sager, Dto. de Adopción - Ministerio de Acción Social:

Cuando el libro “Cómo se vive la adopción” llegó a mis manos no fue una sorpresa. Conozco a su autora por haber compartido la tarea, hace años, en un equipo de adopción y sé cómo piensa respecto al tema, pero me admira que alguien pueda explicitar tan clara y afectivamente lo que muchos de los que trabajamos con niños y padres adoptivos, sentimos y pensamos respecto a esta realidad tan movilizante, y a la vez compleja, como es la adopción.

El solo hecho de la “construcción de una familia” es una tarea artesanal que implica el compromiso de todos sus miembros en la consolidación de los vínculos y la consolidación de afectos, ideas, normas, valores, personalidad...

En el caso de las familias por adopción, como muy bien lo plantea Martha Caselli de Ferreyra, debemos componer un rompecabezas en el que engarcen las características, deseos y necesidades de los padres que buscan un hijo, con los del niño que requiere ser querido y protegido.

Este libro resulta muy valioso tanto para los padres adoptivos en potencia, que muchas veces no asumen su realidad por desconocimiento, como para aquellas personas que se encuentran ligadas al tema desde sus áreas de trabajo (jueces, médicos, psicólogos, abogados, asistentes sociales, docentes) ya que permite una comprensión global del mismo y, por sobre todo, un acercamiento a la realidad a través de experiencias concretas.

Aún más, el libro debe llegar a todos los padres (adoptivos o biológicos) para que podamos ayudar a nuestros niños a entender que hay dos formas posibles de tener un hijo, rompiendo con criterios aún existentes en nuestra sociedad, en los que se considera a los hijos adoptivos valorativamente distintos.

Martha Caselli de Ferreyra ha logrado plasmar en el libro, en su tarea y en su vida, todo lo que muchos de los trabajamos en adopción sentimos y hubiéramos querido hacer.

Washington State Resource Family Lending Library Catalogue

Spanish Language Materials

Cómo superar las ansiedad y el estrés - Métodos y técnicas de relajación física y mental

Author: Paul Wilson

Publish Date: 2000

Length: 145 pages

Con una orientación eminentemente práctica, este libro propone un eficaz método para aplacar el desasosiego interior provocado por el ajetreo cotidiano. Mediante útiles consejos relacionados con la dieta, el ejercicio físico, la medicación y la actitud vital, enseñará a eliminar tensiones superfluas a todos aquellos dispuestos a dedicar tan sólo media hora diaria de su tiempo a vencer la ansiedad y disfrutar más de la vida.

Crecer sin peleas: Cómo enseñar a los niños a resolver conflictos con inteligencia emocional

Author: Elizabeth Crary

Publish Date: 1998

Length: 192 pages

A partir de ejemplos de la vida real, Elizabeth Crary analiza las razones por las que discuten los niños y cómo afrontarlas; qué pueden hacer los mayores ante determinadas situaciones; cómo sacar partido a los conflictos; cómo enseñar a los niños a cooperar; y el modo de ayudarlos a negociar. Propone actividades que desarrollan la capacidad para resolver problemas, e ideas que motivarán a los pequeños a solucionarlos por su cuenta.

Cuando Sofía se enoja, se enoja de veras...* (solamente se puede recibir crédito para los Materiales para adultos, no para niños)

Author: Molly Bang

Publish Date: 1999

Length: 34 pages

Sofía, una niña que suele erupcionar como un volcán tal como cuando su hermana quiere jugar con su gorila de peluche, sale de la casa con furia después de varios incidentes similares. Ella va de paseo y sube un árbol para mirar al mundo, lo cual le tranquiliza a la niña. Este libro, adecuado para niños de 2 a 7 años de edad, no ofrece respuestas sino demuestra una familia que trata a su niña con respeto y tal vez sea una ayuda a un niño como Sofía para que se evalúe a sí mismo mejor.

[Sophie, subject to sudden volcanic melt downs, such as when her sister wants to play with her stuffed gorilla, storms out the door after a series of such incidents. She goes for a walk and climbs a tree and looks out at the world, which calms her. This book for children ages 2-7, offers no solutions, but it shows a family who treats her with respect and it might help a child like Sophie to better look at herself.]

Cuidemos Nuestra Salud

Author: Leticia Elizondo

Publish Date: 1999

Length: 213 pages

Este texto aporta suficiente información respecto de los factores que favorecen la salud y sobre aquellos que la amenazan; hace énfasis en la aplicación de una serie de recomendaciones que conducen alcanzar mayor calidad de vida. El texto resalta la importancia de conocer el funcionamiento del organismo, de adquirir hábitos higiénicos, de tener una alimentación adecuada, de realizar ejercicio físico y de tener recreación.

De qué tenemos hambre realmente?

Author: Lila Villarreal

Publish Date: 1999

Length: 156 pages

En general, se sigue creyendo que los trastornos de la alimentación se limitan a un problema con los hábitos alimenticios, a la falta de voluntad, a una cuestión médica o a una moda entre mujeres; otros prefieren pensar que en nuestros países este tipo de enfermedad no existe. No obstante, la anorexia, la bulimia y el comer de manera compulsiva son trastornos mucho más frecuentes y extendidos de lo que la gente cree, y que afectan y contaminan las relaciones familiares, sociales, interpersonales, escolares y laborales per, sobre todo, la relación del individuo consigo mismo.

Discipline a su Preescolar y Siéntase a Gusto

Author: Mitch, Doctor Golant

Publish Date: 1995

Length: 207 pages

¿Es usted de los afortunados que tienen un niño preescolar en casa? ¿Su angelito de repente se transforma en un verdadero demonio capaz de desquiciarlo? ¿Ha tenido la necesidad de abrazar y estrangular a su niño al mismo tiempo? El doctor Mitch Golant y su esposa Susan, especialistas en el tema y autores de varios exitosos libros, le ofrecen respuesta a todas sus preguntas. De una forma muy amena usted hallará la solución precisa para cada una de las actitudes de su pequeñín.

Washington State Resource Family Lending Library Catalogue

Spanish Language Materials

Duerme, bebé...y deja descansar a tus padres

Author: Beatrice Hollyer

Publish Date: 1999

Length: 128 pages

Si un bebé duerme bien no debe atribuirse este hecho a la suerte. Los padres poseen la llave que hace posible el que así sea y este libro pionero viene a mostrar cómo aprovechar la capacidad natural del bebé para conseguir que duerma durante toda la noche desde sus primeras semanas de vida. En sus páginas se describe un método sencillo que es posible aplicar a lo largo de toda la niñez, de modo que las noches plagadas de interrupciones nunca se conviertan en problema. - Recomendado por la Health Visitors' Association - Hispano Europea.

Educación Con Inteligencia Emocional: Cómo conseguir que nuestros hijos sean responsables y adquieran un grado óptimo de sociabilidad

Author: Maurice J. Elias

Publish Date: 2000

Length: 271 pages

Los principios de la inteligencia emocional aplicados a la educación: La regla de oro: por qué es tan importante inculcar autodisciplina, responsabilidad y salud emocional en el niño; Cómo crear una familia afectuosa y capaz de compartir y resolver problemas; Cómo hablar de forma que el niño piense; Autodominio y mejora personal: la disciplina de la inteligencia emocional; Cómo lograr que el niño sea menos impulsivo y aumente su autocontrol y su sociabilidad. Éstos son algunos de los temas que se tratan por medio de esta obra.

El libro de la vida: Una herramienta de comunicación

Author: ORPARC Staff

Publish Date:

Length: 6 páginas

Este paquete de información está compilado de materiales sobre el libro de la vida. El contenido incluye artículos, herramientas, y recursos para ayudar al padre a construir un libro de la vida para su hijo o hija adoptada o del sistema de crianza.

Washington State Resource Family Lending Library Catalogue

Spanish Language Materials

El Mundo de la Adopción: Reflexiones sobre una experiencia de la vida real

Author: Lynn C. and Elizabeth Ferber Franklin

Publish Date: 1998

Length: 314 pages

En los años sesenta, a la edad de diecinueve años, Lynn Franklin dio a su hijo recién nacido en adopción. A raíz de su reencuentro con él veintisiete años más tarde, se involucró activamente en el mundo de la adopción y pudo constatar cuánto habían cambiado las prácticas relativas a ella. Treinta años atrás se desaprobaba y castigaba a las madres solteras. Después del reencuentro, Lynn pudo afrontar abiertamente su experiencia de renuncia, comenzar a sanar un dolor de varias décadas y volver al punto de partida cuando primero se forjó el vínculo de amor entre ella y su hijo recién nacido.

Este libro, además de adentrar al lector en el mundo de la adopción, se dirige con una voz especial a las madres que, como la autora, renunciaron a su hijo y se preguntan si, en aras de una nueva visión de la adopción, serían capaces de volverse a relacionar con él. La voz de la autora se extiende a los hijos adoptivos que se preguntan si deben llevar a cabo un reencuentro con la madre que les dio a luz, y también con el papá. Así mismo, se dirige a los padres adoptivos y analiza las situaciones complejas pero enriquecedoras que también ellos deben afrontar.

Aunque la experiencia personal de la autora es el hilo conductor de este libro, el hecho de ser ella una madre que dio a luz (y que luego renunció a su hijo) lo diferencia de los demás sobre adopción. El mundo de la adopción es una guía invaluable para aquellas personas interesadas en los aspectos prácticos y emocionales de la adopción, sean padres que estén planeando dar a un hijo en adopción o adoptar uno.

Comentario por Madelyn Freundlich, directora ejecutiva, Instituto de Adopción Evan B. Donaldson:

"A través de su experiencia personal y de la de muchas otras personas, Lynn Franklin nos adentra con perspicacia en el mundo de la adopción y habla desde la perspectiva de los padres que concibieron, los hijos adoptivos, las familias adoptivas y los profesionales de este medio. El mundo de la adopción presenta soluciones a muchos de los problemas complejos de la adopción hoy, con singular sinceridad y consideración por todos aquéllos que la viven de cerca".

Comentario por Jan L. Waldron, autora de Giving Away Simone:

"Éste es un libro importante para cualquier persona que haya vivido una experiencia de renuncia, adopción y reencuentro. Somos muchas. También es una historia tan clara y bellamente expresada, y tan llena de verdad, que cualquier persona interesada en cómo se forman las familias encontrará información aquí".

Comentario por Betty Jean Lifton, autora de Journey of the Adopted Self:

"Esté donde usted esté en el círculo de la adopción—dentro o fuera—este libro lo satisfará emocional e intelectualmente".

Washington State Resource Family Lending Library Catalogue

Spanish Language Materials

El Niño Perdido: La continuación edificante del Niño Sin Nombre

Author: Dave Pelzer

Publish Date: 1997

Length: 335 pages

Imagínese un muchacho que nunca ha tenido un hogar. Sus únicas posesiones son las viejas y gastadas prendas de vestir que lleva en una bolsa de papel. Su único mundo es el aislamiento y el miedo. Aunque este muchacho ha sido rescatado de su madre alcohólica, el verdadero calvario acaba de comenzar para él: no tiene un lugar que pueda llamar hogar.

Esta es la muy esperada continuación de El Niño Sin Nombre de Dave Pelzer. Sus nuevas aventuras, y las respuestas que encontró, son reveladas en esta conmovedora historia de su vida como adolescente. Discriminado ahora como “niño acogido”, el joven David experimenta la inestabilidad de pasar por cinco hogares de acogida diferentes. Aquellos que consideran que todos los niños acogidos son buscableitos—y que no merecen ser amados sólo por no ser parte de una familia real—resienten su presencia y le hacen sufrir vergüenza. Lágrimas y risas, devastación y esperanza van forjando la vida de este niño perdido que busca desesperadamente el amor de una familia.

Aunque muchos en nuestra sociedad ridiculizan el sistema de hogares de acogida y el campo de los servicios sociales, Dave Pelzer es un ejemplo vivo de la necesidad de su existencia. Sea usted un admirador del auto o un lector que toma un libro suyo por primera vez, El niño perdido es una historia que le conmoverá y que sobresale como brillante inspiración para todos.

Dave Pelzer viaja por todo el país dando charlas sobre inspiración y fuerza moral interior. Sus logros únicos le ganan alabanzas de los presidentes Reagan, Bush padre y Clinton. En 1994 fue el único estadounidense premiado entre los Jóvenes Más Destacados del Mundo. Dave también fue portador de la Antorcha Olímpica del Centenario.

El niño sin nombre: La lucha de un niño por sobrevivir

Author: Dave Pelzer

Publish Date: 1995

Length: 170 pages

“El niño sin nombre” es el relato inolvidable de uno de los casos de abuso infantil más extremos en la historia de California. Es la historia de Dave Pelzer, quien era golpeado y hambreado salvajemente por su madre emocionalmente desequilibrada y alcohólica; una madre que lo torturaba, sometiéndolo a todo tipo de juegos impredecibles que lo llevaban al borde de la muerte. Tuvo que aprender cómo jugar los juegos de su madre para sobrevivir, porque ella ya no lo consideraba un hijo sino un esclavo; ya no un niño, sino una cosa.

La cama de Dave era un viejo catre militar en el sótano, y su ropa siempre estaba desgarrada y maloliente. Cuando su madre le permitía el lujo de la comida, sólo le daba sobras en mal estado que hasta los perros se negaban a comer. El mundo exterior no tenía idea de la pesadilla que vivía. No tenía nada ni nadie a quien recurrir, pero sus sueños lo mantenían vivo: sueños de que alguien lo cuidaba, le daba amor y lo llamaba hijo.

A través de cada una de sus terribles experiencias, el lector se verá compartiendo su dolor, reconfortándolo en su soledad y luchando junto a él para sobrevivir a fuerza de voluntad. Esta historia conmovedora le revelará la verdad del abuso infantil, y la capacidad que todos tenemos de hacer algo para cambiar las cosas.

A Dave Pelzer se le reconoce como uno de los comunicadores más respetados y efectivos de la nación dedicados a dictar conferencias a grupos corporativos, convenciones y profesionales de servicios sociales. Los logros alcanzados por Dave le han ganado felicitaciones personales de los ex presidentes Ronald Reagan y George Bush. En 1993 fue honrado como uno de los “Diez Jóvenes Estadounidenses Destacados” y, en 1994, fue el único norteamericano en ser honrado como uno de los “Jóvenes Destacados del Mundo”. A Dave también se le seleccionó para formar parte del Relevé de la Antorcha Olímpica de 1996. Dave ha dedicado su vida a ayudar a otros a ayudarse a sí mismos.

Washington State Resource Family Lending Library Catalogue

Spanish Language Materials

El poder terapéutico de la familia (tercera edición/3rd edition)

Author: Richard Delaney

Publish Date: Jan 2005

Length: 64 pages

"El poder terapéutico de la familia" es un homenaje a los padres adoptivos y padres de crianza y a sus poderosas influencias sobre los niños con problemas que se han unido a sus familias. Este libro contiene:

Relatos acerca de conductas usadas por los niños perturbados con historias de abuso para sobrevivir.

Información sobre el predecible y devastador impacto que los niños perturbados tienen sobre la familia adoptiva o familia de crianza.

Estrategias familiares enfocadas en dominar comportamientos perturbados mientras se construyen puentes entre el niño y la familia.

Una especial atención sobre los problemas que los padres adoptivos o padres de crianza enfrentan al incorporar al niño perturbado en la familia.

"Yo he trabajado la mayoría de mi vida ayudando a familias y niños que vienen de hogares abusivos, muchas veces los métodos tradicionales para mejorar el comportamiento de estos niños no son efectivos. En este libro, Richard Delaney ofrece ideas frescas que da esperanza a todo padre que se enfoca en entender y explorar nuevas ideas para crear un mejor ambiente familiar".

Gilbert García, LMSW, Regional Director South Texas, Lutheran Social Services of The South, Inc.

"El Dr. Delaney tiene un conocimiento que le permite comprender la dinámica de las familias de crianza o familias adoptivas y lo brinda con calidez, humor y compasión".

Bill y Mary Pelma, Padres de crianza y Entrenadores para padres de crianza

"...una excelente y humorística herramienta que ayuda a aquellos que se embarcan en la experiencia de las familias adoptivas o familias de crianza".

Phyllis Stoner, Coordinador Especializado con Padres de crianza

En Busca de Nuestras Voces: Hablando con Nuestros Hijos Acerca de la Sexualidad y el SIDA

Author: Mother's Voice

Publish Date: 1998

Length: 36 pages

"Ya que la gente joven es uno de los grupos que más rápidamente están adquiriendo la infección del VIH, es vital que le brindemos a nuestros hijos/as información acerca de la prevención del VIH y de la sexualidad saludable—información que podría salvar sus vidas. Mothers' Voices ha creado un maravilloso recurso para ayudar a los padres a iniciar estas conversaciones tan importantes con sus hijos/as. Yo aplaudo a Mothers' Voices por su valiosa labor, y recomiendo el uso de esta guía para los padres. Educando a nuestros hijos/as en el hogar, así como en nuestras comunidades, nosotros podemos hacer la diferencia en la epidemia del SIDA—y crear familias más fuertes y saludables". Escrito por Sandra Thurman, Directora Nacional de Póliza de SIDA

Entendiendo Los Comportamientos Sexuales En La Ninez

Author: Toni Cavanagh Johnson

Publish Date:

Length: 28 pp

TBA

Washington State Resource Family Lending Library Catalogue

Spanish Language Materials

Entendiendo Los Comportamientos Sexuales En La Niñez: Lo Que Es Natural Y Saludable

Author: Toni Johnson

Publish Date:

Length: 29 pages

Este folleto provee una definición de los comportamientos sexuales que son naturales y saludables en la niñez y luego los compara con veinte características de conductas sexuales infantiles que pueden alertar a los adultos que una evaluación por un profesional es indicada.

Haga Resplander Las Virtudes De Sus Hijos - Técnicas Para Ser Los Mejores Papás Del Mundo

Author: Patrick J. Jeske

Publish Date: 1999

Length: 213 pages

"No dudo que los padres amen a sus hijos y sinceramente deseen que hagan su mayor esfuerzo, pero el amor y las buenas intenciones no bastan, pues sus hijos crecerán con un carácter perezoso e indolente, sin ninguna ambición que los impulse, si usted no les ayuda a cubrir sus necesidades psicológicas y les da motivos para alcanzar metas", dice el autor en la introducción.

Niños inteligentes, capaces, aun sobredotados, suelen fracasar en la vida porque sus padres no supieron conducirlos adecuadamente. Este libro ha ayudado a millones de padres en los Estados Unidos a forjar hijos triunfadores. Es un libro escrito para ayudar a los padres a cubrir el reto de criar niños en el difícil ambiente del mundo actual. También resulta interesante para algunos abuelos que suelen criticar las prácticas de crianza de su yerno o su nuera.

Cada capítulo se relaciona con un aspecto distinto de la autorrealización. Lea primero todo el libro, seleccione el problema en su hijo que más desea abordar y estudie el capítulo correspondiente, en el que encontrará principios que podrá usted aplicar inmediatamente con excelentes resultados.

Título en inglés: "Bring Out The Best In Your Child"

Historia De Una Gaviota Y Del Gato Que Le Enseñó A Volar* (solamente se puede recibir crédito para los Materiales para adultos, no para niños)

Author: Luis Sepúlveda

Publish Date: 11-2000

Length: 138 pages

Luis Sepúlveda prometió un día a sus hijos escribir una historia sobre lo mal que gestionamos los humanos nuestro entorno, lesionando la naturaleza y lesionándonos a nosotros mismos. Así nació esta historia, que cuenta las aventuras de Zorbas, un gato <<grande, negro y gordo>>, cuyo inquebrantable sentido del honor le conduce un día a comprometerse a criar un polluelo de gaviota. La madre, una hermosa gaviota, atrapada por una ola de petróleo vertido en el mar por un buque varado, le deja en prenda a Zorbas, justo antes de morir, el huevo que acaba de poner. Zorbas, que es gato de palabra, cumplirá sus dos premesas: no sólo criará al polluelo, sino que le enseñará a volar. Los amigos de Zorbas, Secretario, Sabelotodo, Barlovento y Colonello, le ayudarán en una tarea que, como se verá, no es tan fácil como parece, y menos para una banda de gastos más acostumbrados a hacer frente a la dura vida en un puerto como el de Hamburgo que a ejercer de padres de una cría de gaviota...

It's So Much Work to Be Your Friend: Helping the Learning Disabled Child Find Social Success (DVD)

Author: DVD

Publish Date: 2005

Length: 90 Minutes

Drawing on three decades of experience in residential schools, Lavoie provides strategies for teaching friendship skills in the classroom, home and community. He first explores the causes and consequences of "social incompetence," then he offers field-tested advice on how to help children work through daily social struggles and go from being picked on and isolated to becoming accepted and involved.

Juntos contra el abuso (Together Against Abuse)

Author: Millie Morissette

Publish Date:

Length:

Un video que enseña los aspectos de violencia doméstica. Provee información de cómo reconocer violencia doméstica y el qué hacer cuando una persona enfrenta la violencia doméstica y cómo solucionar el conflicto.

Washington State Resource Family Lending Library Catalogue

Spanish Language Materials

La Adopción Explicada A Mis Hijos

Author: Fernando Baeta

Publish Date: 2002

Length: 203 pages

Esta serie de libros ofrece, en particular a los adolescentes, la posibilidad de comprender los grandes temas de nuestro tiempo, así como las eternas interrogantes de los hombres, con lenguaje accesible e ideas claras. Desde cuestiones tan atemporales como el amor y la no-violencia hasta tan enraizadas en nuestra época como Auschwitz y la inmigración. Planteados en forma de amenos e instructivos diálogos entre padres e hijos, las preguntas de los niños y las respuestas de los adultos satisfacen plenamente el interés y la curiosidad que despiertan los temas tratados, proporcionando una visión global y coherente de los mismos y despejando todas las dudas que puedan suscitar. En suma, títulos indispensables para entendernos un poco mejor a nosotros mismos y al mundo en que vivimos.

La adopción es una forma de paternidad cada vez más habitual en nuestra sociedad. Por eso, el testimonio de un padre que ha vivido ambas modalidades de paternidad, la biológica y la adoptiva, constituye una inestimable aportación para aclarar todas las preguntas que pueden plantearse los niños.

La Crianza en Todo Terreno: Un manual para padres de familia en el arte de navegar durante los tiempos difíciles (incluye libro y DVD)

Author: Caesar, Patricia Chamberlain, y Lee White Pacifici

Publish Date: 2002

Length: 177 pages

"La Crianza en Todo Terreno" es mucho más que un libro, es una experiencia multimedia! El fabuloso DVD que viene con el libro utiliza escenas de la vida real para mostrarnos los problemas y las soluciones que enfrentan una familia. Las historias tienen una variedad de conclusiones. A través de un solo toque con el control remoto, ustedes pueden escoger el desarrollo de cada historia. El libro y el DVD actúan juntos, capítulo por capítulo, para brindarles a los padres las herramientas que necesitan para volver a encarrilar a su familia. Animado con las caricaturas de Stone Soup, La Crianza en Todo Terreno nos brinda modelos positivos, soluciones cordiales en un lenguaje sencillo y claro. La Crianza en Todo Terreno fue escrito pensando en los padres, incluyendo a los padrastros, las familias adoptivas y las familias de crianza. Caesar Pacifici, la Dra. Patricia Chamberlain, y Lee White se comprometen a desarrollar e investigar formas sociales eficaces de aprendizaje para los padres y los niños. El título en inglés es "Off Road Parenting".

La Crianza Práctica de los Hijos (audio)

Author: Ray Burke

Publish Date: 1998

Length: 90 minutes

La Crianza Práctica de los Hijos ofrece consejos sobre cómo forjar una relación más estrecha con sus hijos. Usted puede dejar de reñir y amenazar o sobornar a los hijos para que se porten bien. Estas cintas le mostrarán cómo conservar la calma y enseñarle a su niño dominio propio, cómo hablarle con claridad y cómo enseñarle el comportamiento que usted quiere ver en él. Los autores demuestran cómo adaptar los métodos de crianza a cada niño según su edad.

La Crianza Práctica de los Hijos: Una guía paso a paso para formar hijos responsables y hogares felices

Author: Ray Burke, Ph.D.

Publish Date: 1998

Length: 132 pages

"La Crianza Práctica de los Hijos" le ofrece a usted consejos para formar una relación estrecha con sus hijos. Le ayudará a enseñarles el buen comportamiento. Este libro explica las cosas claramente: cómo mantener la calma y enseñarle al niño dominio propio, cómo animarlo con elogios apropiados, y cómo hacerle saber lo que usted espera de él y cuáles serán las consecuencias de sus acciones. Usted aprenderá a corregir el mal comportamiento de sus hijos y a evitar que este vuelva a presentarse de la edad preescolar a la adolescencia.

Washington State Resource Family Lending Library Catalogue

Spanish Language Materials

La gran Gilly Hopkins* (solamente se puede recibir crédito para los Materiales para adultos, no para niños)

Author: Katherine Paterson

Publish Date: 08-2002

Length: 152 pages

Ha pasado por tres hogares en menos de tres años. No resulta nada fácil convivir con la rebelde Gilly Hopkins. Su nueva madre adoptiva tendrá la oportunidad de comprobarlo por sí misma. Afortunadamente, no hay nada que la paciencia y el cariño no puedan resolver. Y de eso sabe mucho la señora Trotte.

En "La gran Gilly Hopkins", el humor y la ternura son tratados con gran habilidad, para recordar al lector la gran importancia que el afecto tiene en nuestras vidas.

Las Adicciones Y Las Disfunciones En La Familia

Author: Serie Escuela Para Padres

Publish Date: 1998

Length: 100 pages

Esta obra presenta importantes aspectos acerca de las adicciones y las disfunciones en la familia, que padres y maestros deberán tomar en cuenta para evitar el uso de drogas entre la población infantil y juvenil: desde la características y los efectos de los estupefacientes, hasta cómo detectar riesgos de adicción en algún miembro de la familia.

Las Drogas y sus efectos

Author: Pablo Isaías Cruz Magallanes

Publish Date: 1998

Length: 80 pages

El presente es un breve pero interesante estudio acerca de las cuatro drogas de mayor consumo en el mundo: marihuana, cocaína, opio y sustancia inhalables. La intención de autor es difundir entre estudiantes, maestros y público en general, la información relacionada con los daños psicológicos, intelectuales, genéticos y de personalidad que los estupefacientes provocan en individuos de todas las edades, sexos, razas, nivel educativo y clase social, y motivar la reflexión sobre las razones que orillan a los individuos a elegir la vía de la drogadicción para evadirse de sus problemas o "realidades".

Los Años Escolares - Series del Síndrome del Alcoholismo Fetal

Author: Education Media Altschul Group Corporation

Publish Date: 1997

Length: 20 minutes

Series del Síndrome de Alcoholismo Fetal. Cuando las madres beben durante el embarazo, los niños con frecuencia pagan un precio muy alto: una vida entera de problemas físicos, mentales, emocionales y conductuales. Esta serie explica la causa del síndrome de alcoholismo fetal (S.A.F.), los efectos del alcoholismo fetal (E.A.F.), y cómo cuidar y atender a las necesidades de los niños que padecen de este síndrome o sus efectos.

Los Años Preescolares - Series del Síndrome del Alcoholismo Fetal

Author: Education Media Altschul Group Corporation

Publish Date: 1997

Length: 20 minutes

Series del Síndrome de Alcoholismo Fetal. Cuando las madres beben durante el embarazo, los niños con frecuencia pagan un precio muy alto: una vida entera de problemas físicos, mentales, emocionales y conductuales. Esta serie explica la causa del síndrome de alcoholismo fetal (S.A.F.), los efectos del alcoholismo fetal (E.A.F.), y cómo cuidar y atender a las necesidades de los niños que padecen de este síndrome o sus efectos.

Los Hijos Discapacitados Y La Familia

Author: Serie Escuela Para Padres

Publish Date: 1998

Length:

Por medio de este libro, las personas deseosas de contribuir a la rehabilitación de niños discapacitados podrán conocer las diferentes causas de sus limitaciones, manejar de forma correcta los problemas de salud, desarrollo y socialización que suelen presentarse en estos pequeños y, sobre todo, valorar la importancia de la aceptación al minusválido, como un principio de rehabilitación.

Para lograr lo anterior, en esta obra se presenta información actual sencilla y concisa a través de diversas lecturas, análisis de casos, actividades, ejercicios y tareas específicas, que ayudarán a los lectores a iniciar o reforzar diversos programas de educación especial.

Washington State Resource Family Lending Library Catalogue

Spanish Language Materials

Maneras maravillosas para amar a un adolescente

Author: Judy Ford

Publish Date: 1996

Length: 227 pages

"Maneras maravillosas para amar a un adolescente" es un manual de herramientas que lo guiará en el arte de relacionarse con su hijo adolescente. Aunque su relación parezca irreparable, usted puede probar estos alentadores y prácticos consejos que le ayudarán a reestablecer su lazo de amor con él. La terapeuta Judy Ford muestra cómo se puede conducir al adolescente para que llegue a ser un adulto sano mediante un proceso en el que haya diversion y creatividad.

Mi Cuerpo es MÍO - Un libro para enseñar a los niños pequeños cómo resistir el contacto incómodo* (solamente se puede recibir crédito para los Materiales para adultos, no para niños)

Author: Lory Freeman

Publish Date: 1985

Length: 24 pages

Esta obra es traducida por su título original "It's MY Body". La obra les enseña a los niños cómo distinguir entre los toques "apropiados" y "no apropiados", y cómo responder apropiadamente a los toques no apropiados. Muy útil con los niños de 3 a 8 años de edad. Especialmente para los niños varones.

Para qué sirven los hijos? Cómo ser padres en tiempos de incertidumbre

Author: Jaime Barylko

Publish Date: 1998

Length: 201 pages

Estos tiempos son de incertidumbre. Los muros del autoritarismo cayeron, pero aún no supimos construir el mundo de la libertad. Toda se nos ha vuelto un interrogante. Nacen los hijos y uno los contempla perplejo: ¿Para qué sirven los hijos? ¿Qué haremos con ellos? ¿Cómo los educaremos? ¿Y si nos equivocamos? Perdimos el miedo a los padres y pasamos al miedo a los hijos. Debemos reanalizar tanto mito y discurso moderista que, con un halo de falso psicologismo, nos alejó como padres del camino del sentido común. Esto te propongo, lectora, lector: revisemos juntos, cómo nos fue y cómo nos está yendo.

Parenting with Dignity (3 DVD's)

Author: DVD

Publish Date: 2005

Length:

Parenting with Dignity teaches parents how to instill a sense of responsible decision making in their kids. A positive approach to parenting that is simple, easily understood, applicable in any situation, and incredibly intuitive. The premise of the Parenting with Dignity philosophy is: "Our children will make all of the most important decisions in their lives - on their own. As parents, the only thing we can do is teach them how to make good decisions."

A Parents Workbook for you to keep should accompany these DVD's and you can download it from the website if you like. Also available in Spanish.

Paternidad con Dignidad enseña a los padres cómo inculcarles a sus hijos un sentido de cómo realizar decisiones con responsabilidad. Es un enfoque positivo a la crianza de los niños, se le comprende fácilmente, es aplicable en cualquier situación, y es muy intuitivo. La premisa de la filosofía de Paternidad con Dignidad es: "Nuestros hijos llevarán a cabo todas las decisiones más importantes en sus vidas--por sí mismos. Como padres, lo único que podemos hacer es enseñarles cómo realizar buenas decisiones". Un cuaderno de ejercicios para padres acompaña los discos (DVD) y se puede bajar este cuaderno de ejercicios del Internet. Estos discos están disponibles en español e inglés.

Por Favor Di! Un cuento para niños sobre el abuso sexual* (solamente se puede recibir crédito para los Materiales para adultos, no para niños)

Author: Jessie

Publish Date: 1993

Length: 28 pages

"¡Por Favor Di!" es un libro muy bello y simple con un profundo mensaje para los niños que han sufrido el abuso sexual: "el abuso no fue su culpa". Escrito e ilustrado por Jessie, una pre-adolescente que sufrió el abuso sexual, les dice a los niños lo que deben hacer para recibir la ayuda que necesitan.

Washington State Resource Family Lending Library Catalogue

Spanish Language Materials

Síndrome de déficit atencional

Author: Isabel López

Publish Date: 1998

Length: 269 pages

Dentro de los problemas que afectan a los niños en edad escolar, el Síndrome de Déficit Atencional (SDA) ocupa hoy un lugar preponderante. El aumento en su diagnóstico y tratamiento medicamentoso ha generado interés y debate en ámbitos educacionales y de salud, y en las familias con niños afectados. Las preguntas son múltiples y variadas. Los editores, neuropsiquiatras y miembros activos de la SOPNIA, proponen este libro como una ventana amplia al tema, cubriendo desde las bases biológicas del SDA hasta su diagnóstico y tratamiento en perspectivas diversas.

Su hijo adoptado: Una guía educativa para padres

Author: Stephanie E. Siegel

Publish Date: 1992

Length: 223 pages

He aquí una guía práctica, personal y muy sencilla que trata el proceso de la adopción desde el momento de la decisión de los padres hasta la llegada del niño; comenta todos los problemas de la educación desde el nacimiento hasta el final de la adolescencia (incluyendo las cuestiones referentes a los niños con necesidades especiales); proporciona seguridad al abordar temas comunes a la evolución de los hijos biológicos y de los adoptados; y—lo más importante—ofrece asesoramiento explícito sobre los problemas que afectan exclusivamente al comportamiento y desarrollo de los niños adoptados. Haciendo frente al hecho de que la educación de un niño adoptado tiene sus características distintivas, la doctora Siegel afirma que los padres adoptivos deben afrontar cosas tales como explicar a su hijo el hecho de la adopción, responder en lo posible a sus preguntas, y quizás hacer frente a algún problema de salud heredado. La conclusión, de todos modos, es que los padres adoptivos pueden obtener tantas satisfacciones y recompensas de sus hijos como los padres biológicos.

Stephanie E. Siegel, psicoterapeuta especialista en temas de adopción y también madre adoptiva, dirige talleres para padres y se encarga de la supervisión de los internos en la Valley Counseling Clinic (California). Es miembro de la American Association for Marriage and Family Therapists.

todo sobre TUS HIJOS desde bebé hasta los 12 años

Author: Sara Alcántara

Publish Date: 1997

Length: 192 pages

El presente libro intenta orientar a los padres y los ayuda a comprender su comportamiento de sus niños en cada edad. Los niños son un tesoro que los padres deben descubrir con amor y ternura. ¿Sabes que la confianza que tu hijo te tiene depende de que sepas cómo tratarlo? Conocerás las formas en que juega tu hijo y por qué lo hace así, además de que se dan ejemplos de juegos que puedes realizar con tus hijos.

Yo no fui! Cómo lidiar con la DESHONESTIDAD de sus hijos - Herramientas prácticas para los padres

Author: Elaine K. McEwan

Publish Date: 1999

Length: 101 pages

¿Qué padre no se ha enfrentado a la mentira de un niño...a un dulce tomado de una tienda...a una ficha de juego movida cuando nadie estaba mirando? Todo padre enfrenta el tema de la deshonestidad y la necesidad de tener un enfoque saludable hacia la misma. La autora Elaine McEwan, una madre y educadora, ofrece ayuda práctica en esta obra.

Talking to Adopted Children

Adoption Triangle, The

Author: Arthur D. Sorosky, M.D.

Publish Date: 1967

Length: 225 pages

This book explores all aspects of the "adoption triad," from birth parents to adoptive parents to adoptees. It covers past and modern adoption practices and issues, and is full of real life stories from all parties of the triad. A large portion of this book is dedicated to how adoptees are affected by sealed or open records.

Washington State Resource Family Lending Library Catalogue

Talking to Adopted Children

Adoption Wisdom: A Guide to the Issues and Feelings of Adoption

Author: Marlou Russell

Publish Date: 1996

Length: 185 pages

This book combines quotations from birth parents, adoptive parents and adoptees with brief observations from the author, a psychologist and adoptee, herself, in reunion with her birth family. In chapters with such titles as "The Adoption Triad," "Basic Truths of Adoption," "Loss and Grief in Adoption," "Search and Reunion," "Before Choosing Adoption," and others, this book sheds a unique light on the world of adoption through the commentary of those who live that world every day.

Best of Pact Press, The: Talking with Kids about Adoption

Author: Collection

Publish Date:

Length: 43 pages

This 43-page booklet contains 12 articles previously printed in the Pact Press on talking to kids about such things as sex, grief, self-esteem, being adopted older, lifebooks and more.

Coffee Can Kid, The* (see comment about Children's Materials on Index page)

Author: Jan M. Czech

Publish Date: 2002

Length: 24 pages

This is a story about a story. Six-year old Annie asks her adoptive father to tell her again about her Korean birthmother and how she came to be adopted. While Annie listens to her father, the coffee can becomes, in her hands, alternately a drum, a shaker and a chest containing a dear treasure.

Dialogues About Adoption: Conversations Between Parents and Their Children

Author: Linda Bothun

Publish Date: 1994

Length: 216 pages

This book offers comfort and support to adoptive families who want to know how other families have handled adoption issues. Each chapter is introduced with examples of generally accepted developmental information followed by dialogues placed chronologically based on the age of the child when that conversation took place. The real-life anecdotes and experiences shed much-needed light on this complex subject.

Flight of the Stork

Author: Anne C. Bernstein

Publish Date: 1994

Length: 269 pages

This is for parents who are uncertain about how to talk to their children about sensitive issues, including sex and adoption. Bernstein outlines developmental stages in terms that are easily understood and describes what children's capabilities and tendencies are at each level. The book is filled with interviews with children on the subjects first of sex and later adoption, and there are many concrete suggestions for words, and more importantly, approaches to use when talking to your children.

Forever Fingerprints* (see comment about Children's Materials on Index page)

Author: Sherrie Eldridge

Publish Date: 2007

Length: 30 pages

In the first children's book by the author of *Twenty Things Adopted Kids Wish Their Adoptive Parents Knew*, young, imaginative Lucie is excited to feel a baby moving in her Aunt Grace's tummy but it makes her understand her adoption story in a different way. She thinks about her birth parents and wonders why they didn't keep her. This gives Lucie's parents the chance to reinforce their love for her, to empathize with her feelings and to honor her past. The book, for ages 4-8, includes two pages of "Parent Tools and Activities."

Helping Children Cope with Separation and Loss

Author: Claudia Jewett Jarratt

Publish Date: 1982

Length: 226 pages

This step-by-step guide for any concerned adult offers warm advice, specific techniques and innovative ideas for helping children overcome the sadness, anger and anxiety resulting from divorce, death, absence, adoption, foster care, and sibling loss.

Washington State Resource Family Lending Library Catalogue

Talking to Adopted Children

How I Was Adopted* (see comment about Children's Materials on Index page)

Author: Joanna Cole

Publish Date: 1995

Length: 37 pages

Here, Samantha tells the story of how she was adopted, but it is also a story of how babies are born and how children grow, of what makes people different and what makes them the same, and it is a story about love and family.

How it Feels to be Adopted* (see comment about Children's Materials on Index page)

Author: Jill Krementz

Publish Date: 1982

Length: 105 pages

Nineteen young people present both the good and the bad sides of being adopted from an adolescent point of view--a personal and moving book to be read by children and parents.

How to Talk So Kids Will Listen and Listen So Kids Will Talk

Author: Adele Faber

Publish Date: 1980

Length: 233 pages

This book provides a step-by-step approach to improving relationships in your house. The "Reminder" pages, helpful cartoon illustrations, and excellent exercises will improve your ability as a parent to talk and problem-solve with your children.

I Love You Like Crazy Cakes* (see comment about Children's Materials on Index page)

Author: Rose Lewis

Publish Date: 2002

Length: 23 pages

This book for very young children, warmly illustrated by Jane Dyer, tells the story of an American woman's adoption of a baby girl from a Chinese orphanage. All runs smoothly for both.

Is That Your Sister?* (see comment about Children's Materials on Index page)

Author: Catherine Bunin

Publish Date: 1992

Length: 31 pages

This illustrated children's book tells about the feelings of a child who was adopted into a multiracial family and who explains adoption as a chosen way of life that is positive, compassionate and civilized.

Journey of the Adopted Self: A Quest for Wholeness

Author: Betty Jean Lifton

Publish Date: 1994

Length: 328 pages

From the author of *Lost and Found*, this book is a story of one adopted child's search for a sense of self, beginning when she first learns she is adopted at age 7. Lifton illustrates that this search is a lifelong process for the adopted child.

Lost and Found: The Adoption Experience

Author: Betty Jean Lifton

Publish Date: 1988

Length: 321 pages

In this book, Betty Jean Lifton discusses all aspects of adoption (the adoptee, the adoptive parents, and the birth parents). Lifton promotes open adoptions and argues that adoptees should know as much as possible about their backgrounds.

Lucy's Family Tree* (see comment about Children's Materials on Index page)

Author: Karen Halvorsen Schreck

Publish Date: 2001

Length: 39 pages

In this illustrated older child's book, Lucy's family doesn't "match" and being different bothers her. A family tree project at school brings Lucy's feelings about her adoption into the open, and she begins to explore what really makes a family. As she comes to understand that being different is part of life, Lucy finds a way to make a family tree that celebrates her past as well as her present.

Washington State Resource Family Lending Library Catalogue

Talking to Adopted Children

Making Sense of Adoption

Author: Lois Melina

Publish Date: 1989

Length: 245 pages

This "Parent's Guide" offers "many examples of ways to present difficult information in a sensitive manner -- sensitive to the child's needs, to the birthparents' struggles, and to the adoptive parents' perspective."

Mother for Choco, A* (see comment about Children's Materials on Index page)

Author: Keiko Kasza

Publish Date: 1992

Length: 31 pages

This illustrated book tells the story of a motherless bird who searched for a mother from Africa to the Arctic. But all the animals he encountered reminded him that he didn't look like him so they couldn't be his mother. Finally he meets Mrs. Bear who hugs and kisses him and takes him home to her adopted family. They both realize that she is the perfect mother for Choco.

Nothing Good Ever Happens to Me: An Adoption Love Story

Author: Caroline Lindsay

Publish Date: 1996

Length: 106 pages

This true account of an adoption that took ten years to complete and was complicated by the intermittent presence of a father who refused to consent to his daughter's adoption is a moving and honest portrait of the struggles involved in adopting an older child.

Ocean Within, The* (see comment about Children's Materials on Index page)

Author: V.M. Caldwell

Publish Date: 1999

Length: 275 pages

In this novel for adolescents, 11-year-old Elizabeth is the newest member of the big and boisterous Sheridan family. They try to make her feel at home, but Elizabeth stays apart. She knows from experience in foster homes that one day she'll be sent away. It's only a matter of time before a showdown between Elizabeth and the grandma she calls "Iron Woman" ensues.

Sam's Sister* (see comment about Children's Materials on Index page)

Author: Juliet C. Bond

Publish Date: 2004

Length: 27 pages

In this book, a mother explains to her five-year-old daughter that she will not be able to keep the "new baby growing in my tummy." Although its presentation of flawless characters and ideal circumstances might not seem typical, it deals sensitively with an issue not often addressed in adoption literature for children, and it is beautifully illustrated.

Talking With Young Children About Adoption

Author: Mary Watkins

Publish Date: 1993

Length: 241 pages

This book, for parents of children ages two to ten, discusses what to say to adopted children and when to say it. It also explores how kids respond to the concept of adoption, how they incorporate it into their make-believe play, and what worries they have.

Tell Me Again About the Night I Was Born* (see comment about Children's Materials on Index page)

Author: Jamie Lee Curtis

Publish Date: 1996

Length: 29 pages

In this picture book, illustrated by Laura Cornell, a young girl asks the parents who adopted her at birth to tell her about the night she was born. She shows from her continued questions that it is a cherished tale she knows by heart. On an accompanying audiotope, Jamie Lee Curtis reads the story followed by a couple of songs.

Washington State Resource Family Lending Library Catalogue

Talking to Adopted Children

Telling the Truth to Your Adopted or Foster Child: Making Sense of the Past

Author: Betsy Keefer

Publish Date: 2000

Length: 223 pages

The goal of this book is to equip parents with the knowledge and tools they will need for a lifetime as they communicate with their adopted or foster child about the complex, troubling, and often painful aspects of his or her fragmented past. It is designed to meet the informational and practical needs of adoptive and foster parents of either domestic or international origin, with or without special needs. It is also intended for adoption professionals, mental health professionals, school teachers, and other professionals who work with adopted and foster children.

Twenty Things Adopted Kids Wish Their Adoptive Parents Knew

Author: Sherrie Eldridge

Publish Date: 1999

Length: 211 pages

This book, written by a woman who was adopted, herself, gives voice to children's unspoken concerns and shows adoptive parents how to free their kids from feelings of fear, abandonment and shame. Eldridge reveals twenty complex emotional issues you must understand to nurture the child you love.

Twice Upon A Time: Born and Adopted* (see comment about Children's Materials on Index page)

Author: Eleanora Patterson

Publish Date: 1987

Length: 43 pages

Families are not all formed in the same way, but all children, even adopted ones, grew inside their birthmother before they were born. This picture book starts with a description of conception, pregnancy and birth. It then explains how a child enters a family through adoption. Twice Upon-a-Time helps adopted children to feel good about themselves and their families.

W.I.S.E. Up Powerbook* (see comment about Children's Materials on Index page)

Author: Marilyn Schoettle

Publish Date: 2000

Length: 29 pages

This children's book from the Center of Adoption Support and Education, Inc. (C.A.S.E.) is intended to give your children and you the tools to cope with the sometimes discomfoting comments, both personal and general, you sometimes get from others. Learn how and when to (W)alk away, say (I)t's private, (S)hare, or (E)ducate. This booklet also comes with a 7-page (purple) Parent Guidebook to help parents use the Powerbook to teach their children these techniques.

We See the Moon* (see comment about Children's Materials on Index page)

Author: Carrie A. Kitze

Publish Date: 2003

Length: 30 pages

This book is designed to help adopted children talk and ask questions about their birthparents, using the moon as an imaginative tool to help them connect to their feelings. The book is affirming of both adoptive and birth families. Jinshan Peasant Paintings from China provide colorful illustrations.

When Friends Ask About Adoption: Question and Answer Guide

Author: Linda Bothun

Publish Date: 1996

Length: 88 pages

For parents, teachers and other professionals as well as kids, this booklet not only provides sensitive, down-to-earth answers to kid's questions, but it will also educate adults about the complexities and joys of adoption.

Why Didn't She Keep Me? Answers to the Question Every Adopted Child Asks

Author: Barbara Burlingham-Brown

Publish Date: 1994

Length: 169 pages

These twenty stories from birth mothers in their own words might provide insight and reassurance to any adoptee. We might not know what your birthmother's story is, but here are some of the reasons why mothers have chosen adoption for their children.

Washington State Resource Family Lending Library Catalogue

Teen Issues

ADHD and Teens

Author: Colleen Alexander-Roberts

Publish Date: 1995

Length: 177 pages

This book is a complete parenting guide with the information you need to survive these trying years; a solid, useful and detailed insight into the real world of ADHD.

ADHD in Children, Adolescents and Adults: Diagnosis, Assessment and Treatment

Author: Russell Barkley

Publish Date: 2000

Length: 15 hours 10
tapes

This taping of a presentation at the 2000 New England Educational Institute's annual symposium features Russell Barkley with an intensive course on the nature and treatment of children, adolescents and adults with ADHD and oppositional or defiant behavior. Participants will learn how to utilize advances in theoretical conceptualizations, differential diagnosis, and treatment approaches to ADHD.

ADHD: A Teenager's Guide

Author: James J. Crist

Publish Date: 1996

Length:

From the book: Written for the teenager who is tired of hearing, "You're just lazy!" or "You can do better," this comprehensive guide to ADHD, narrated smartly by teens, features nearly everything teens might want to know about ADHD. Chapters address what ADHD is, teenagers with ADHD, treatments, getting through school and college, learning disabilities and ADHD, coping with depression, and life after school. Excellent!

Adolescent Self, The

Author: David B. Wexler

Publish Date: 1991

Length: 183 pages

Dr Wexler helps the reader understand the adaptive functions served by adolescent behaviors that are often viewed by others as simply pathological. The PRISM program teaches new coping skills through creative, often humorous activities, encouraging adolescents to be physically and mentally active throughout the treatment process. There is a workbook which accompanies this book. "The Prism Workbook."

Adopted Adolescent, The

Author: Lois Melina

Publish Date: 1993

Length:

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, "Making Sense of Adoption," which covers pre-school, the middle years, and adolescence, this tape deals with the adolescent years.

Two other tapes, "Answering Your Child's Questions About Adoption" and "The Adopted Child in Middle Childhood", offer more details on discussing adoption with children pre-school and ages 7-11 respectively.

Adopted Teens Only: A Survival Guide to Adolescence* (see comment about Children's Materials on Index page)

Author: Danae Gorbett

Publish Date: 2004

Length: 78 pages

This guide for adopted teens addresses issues that parents are often reluctant or unable to discuss with their teenagers: what feelings and thoughts are common to the adoptive experience; what adoptive parents feel; what birth parents feel; what emotional issues are connected with search and reunion; and how to talk to parents about adoption questions.

Adopting the Older Child

Author: Claudia Jewett

Publish Date: 1978

Length: 289 pages

This book describes a child's transition from the honeymoon period through the testing phase and on to the full integration into a family, giving practical, caring advice on how to handle each situation.

Washington State Resource Family Lending Library Catalogue

Teen Issues

All About Adoption: How to deal with questions of your past* (see comment about Children's Materials on Index page)

Author: Anne Lanchon

Publish Date: 2006

Length: 89 pages

Adopted teens may be in a unique situation, but Lanchon, without trivializing it, assures them, "When all is said and done, you're no weirder than anyone else. You're adopted, your friends aren't, so what?" Written in an informal, conversational style, this illustrated guide covers an adopted child's traditional worries and concerns, such as establishing identity and living with overprotective parents.

Am I Weird or Is This Normal? Advice and Info to Get Teens in the Know* (see comment about Children's Materials on Index page)

Author: Marlin S. Potash, Ed.D.

Publish Date: 2001

Length: 261 pages

Written by a mother-daughter team, this book offers practical, down-to-earth advice on issues teenage girls are dealing with today. It is written in question-and-answer form, and includes many quizzes, games, and helpful hints. In addition, the book is packed with current facts on alcohol and drugs, eating disorders, sex and relationships, after school jobs, college, and much more.

Angry Adolescents and Troubled Teens: A New Approach To Discovering Strengths and Developing Solutions

Author: David Wexler, PhD

Publish Date: 2000

Length: 15 hours 10
tapes

By recognizing the fundamental deficits in teenagers' sense of self-cohesion, participants will learn how to apply innovative interventions for aggression, anxiety, self-destructive behavior, identity problems, substance abuse, self-esteem issues, and abusive behavior. This symposium will also help participants develop creative ways of fostering self-control, self-esteem, self-regulation, self-efficacy, and self-soothing in teens.

Anorexia Nervosa: When Food Is the Enemy* (see comment about Children's Materials on Index page)

Author: Erica Smith

Publish Date: 1999

Length: 57 pages

This book is intended to help adolescents understand the causes of anorexia and its signs and symptoms, providing them with resources that can help change anorexia's destructive course. Poignant, revealing case histories and vignettes combined with a frank, down-to-earth writing style make this book particularly appealing and relevant to young readers.

Beneath the Mask: Understanding Adopted Teens

Author: Debbie, John Riley, Meeks

Publish Date: 2005

Length: 207 pages

This book offers parents and professionals a wealth of case histories; and treatment resources and therapy tools. Parents will discover the 6 most common adoption "stuck-spots;" a deeper understanding of identity, abandonment, grief and loss, and relinquishment issues - and how they affect personal and family development; and how therapy may help the adoptive family learn and grow together.

Beneath the Mask: Understanding Adopted Teens (CD)

Author: Debbie Riley

Publish Date: 2007

Length: 90 minutes

NACAC Conference presenter Debbie Riley addresses complexities of adolescence for the adopted teen – identity, abandonment, grief and loss, relinquishment – and how adolescence affects personal and family development. Discover six common adoption “stuck-spots,” a step-by-step assessment on adoption, clinical intervention strategies, and therapy tools.

Washington State Resource Family Lending Library Catalogue

Teen Issues

Best of Adopted Child: For Parents of Teenagers

Author: Lois Melina

Publish Date: 1982 to 1994

Length:

This collection of articles from 1982 to 1994 includes pieces on a wide range of issues specific to raising adopted children in the teen years.

Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens from Middle School to High School and Beyond

Author: Debra W. Haffner

Publish Date: 2001

Length: 222 pages

In this book, the author confronts issues such as peer pressure, dating and parties, alcohol and drugs, sexual harassment, abstinence, and much more. The book is broken down to provide specific information particular to each age group from middle school to high school and beyond. It is packed with helpful exercises and an extensive appendix of additional resources. In addition, a supportive foreword is written by the author's own teenage daughter.

Bringing Out the Best in Children and Adolescents Acting at Their Worst

Author: Thomas Lund

Publish Date: 1999

Length: 10 tapes

This taping of a presentation at the 1999 New England Educational Institute's annual symposium features Thomas Lund with an intensive course on the gaps between the way troubled children and adolescents behave and how they prefer to view themselves and be viewed by others. Participants will learn to pinpoint these gaps and to use this information to mobilize creative solutions. They will also learn how to motivate rapid change through a simple, powerful concept called "preferred view," the centerpiece of Lund's and Dr. Joseph Eron's Narrative Solutions Approach.

Foster Parent College: Running Away

Author: DVD

Publish Date: 2005

Length: 2 Hrs

This course explores five types of running away behavior with children: searching for roots, running from rules, running from love and intimacy, wanting to be wanted, and running to street crime. Rick Delaney discusses what foster and adoptive families can do to prevent it and how they can promote more positive behavior.

How it Feels to be Adopted* (see comment about Children's Materials on Index page)

Author: Jill Krementz

Publish Date: 1982

Length: 105 pages

Nineteen young people present both the good and the bad sides of being adopted from an adolescent point of view--a personal and moving book to be read by children and parents.

I Wonder...Teenagers Talk About Being Adopted (VHS)

Author: Families Adopting in Response

Publish Date: 1996

Length: 45 minutes

Fourteen adopted teenagers respond to such topics as "difficult times," "special memories," "birth families," "transracial/transcultural issues," "how much they think about adoption," and others. The range of answers is certain to provide insight and compassion to anyone who interacts with adopted people.

In Love and In Danger: A Teen's Guide to Breaking Free of Abusive Relationships* (see comment about Children's Materials on Index page)

Author: Barrie Levy

Publish Date: 1993

Length: 106 pages

This book is for teenagers who have questions about abusive dating relationships and what to do about them. Some of the information you'll find in this book includes: facts about dating violence; how you can tell if your relationship is abusive; and how to have a healthy relationship.

Washington State Resource Family Lending Library Catalogue

Teen Issues

My Body, My Self for Boys* (see comment about Children's Materials on Index page)

Author: Lynda Madaras

Publish Date: 2000

Length: 92 pages

Aimed at 8 to 15 year old boys, this book explores the changing body through quizzes, exercises, checklists, illustrations, and lots of personal stories from boys (and their fathers) about their growing-up concerns and experiences. It covers such topics as body image, height, weight, growing size and shape, hair, voice changes, perspiration, pimples, reproductive organs, and the emotional problems of puberty, diet, and health.

My Body, My Self for Girls* (see comment about Children's Materials on Index page)

Author: Lynda Madaras

Publish Date: 2000

Length: 117 pages

This book is designed to help 8 to 15 year old girls learn more about the changes that take place in their bodies during puberty. It's packed with quizzes, exercises, checklists, suggestions for diary-keeping, illustrations, and personal stories from girls (and their mothers) about their growing-up concerns, experiences, and feelings. It covers everything affected by the onset of puberty, from body image, height, weight, pimples, and cramps to first periods, first bras, and first impressions.

Ocean Within, The* (see comment about Children's Materials on Index page)

Author: V.M. Caldwell

Publish Date: 1999

Length: 275 pages

In this novel for adolescents, 11-year-old Elizabeth is the newest member of the big and boisterous Sheridan family. They try to make her feel at home, but Elizabeth stays apart. She knows from experience in foster homes that one day she'll be sent away. It's only a matter of time before a showdown between Elizabeth and the grandma she calls "Iron Woman" ensues.

Odd Girl Out: The Hidden Culture of Aggression in Girls

Author: Rachel Simmons

Publish Date: 2002

Length: 270 pages

Simmons catalogues a hidden culture of girls' aggression in schools that is widespread and chilling, including the silent treatment, note-passing, glaring, gossiping, ganging up, and more. She offers explanations for this behavior and suggestions, for students, parents, teachers and others, of ways to cope.

Our Own: Adopting and Parenting the Older Child

Author: Trish Maskew

Publish Date: 1999

Length: 252 pages

An Adoptive Mother draws on her own experiences, extensive research, and interviews with adoptive families, adult adoptees, and professionals to create a memorable collection of practical tips, advice and real-life stories on older child adoption.

Parenting Teens with Love and Logic

Author: Foster, Jim Cline, Fay

Publish Date: 1992

Length: 253 pages

This book is a guide to preparing adolescents for responsible adulthood from the authors of Parenting with Love and Logic.

Parents Wanted* (see comment about Children's Materials on Index page)

Author: George Harrar

Publish Date: 2001

Length: 239 pages

Narrator, Andy Fleck, a 12-year-old with Attention Deficit Disorder has learned one set of rules from his birth dad (how not to get caught) and another from the kids at the state-run home (how to manipulate adults). Placed with foster parents who are looking to adopt, he has a chance to escape his past, but he can't keep himself from challenging every limit. He plays "mailbox baseball" with his dad's bat, gets in trouble at school, and, when his birth dad shows up looking for money, steals from his foster dad's wallet. So far his foster parents have refused to give up on him. But will he go too far? Humorous and touching, this is "a killer read" for kids 10 and up.

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Teen Issues

Perspectives on Adoption: International Adoptees Tell Their Stories (DVD)

Author: DVD

Publish Date: 2003

Length: 35 minutes

This DVD presents three young adults born overseas and adopted by American families. The adoptees and their families candidly discuss issues such as abandonment, growing up in a white community, adolescence, returning to their birth country, and coming to terms with being adopted. It provides insight to issues adopted children face and may validate feelings of adoptees of any age who have had similar experiences. It has value beyond the limited scope of international adoption.

Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder* (see comment about Children's Materials on Index page)

Author: Patricia Quinn

Publish Date: 1991

Length: 64 pp

A guide for children and their parents, teachers and counselors to understanding and gaining control over attention deficit hyperactivity disorder.

Raising a Child Responsibly in a Sexually Permissive World

Author: Judith Gordon, MSW Sol Gordon, Ph.D.

Publish Date: 2000

Length: 233 pages

This book teaches parents how to give their children the guidance they need to develop healthy, positive attitudes about sex, and to counter media and peer pressures. It will help you to discuss this sensitive topic in an open, informed way and to take responsibility for being your child's primary sex educator.

Real Life Teens: Teens & Gangs (DVD)

Author: DVD

Publish Date: 2007

Length: 17 min

Teens discuss violence, why teens join gangs, racism and gangs, why gang involvement can lead to personal risk or imprisonment. On the flip side, teens also discuss positive groups that can provide support, and positive role modeling. Hear from real teens as they tell us how they perceive gangs.

Reviving Ophelia

Author: Mary Pipher

Publish Date: 1994

Length: 293 pages

Through case studies in which adolescent girls are involved with family divorce, eating disorder, self-mutilation, and sexual pressure, Pipher exposes the part that parents and culture play in turning fearless, outgoing little girls into depressed, angry, and insecure adolescents. She offers common sense, non-threatening solutions that require parents to become more involved in their daughters' lives. She encourages parents to promote their daughters' strengths and talents so that they gain a broader sense of their ability to contribute to society beyond beauty and sexual stereotypes.

Sees No Danger & Wanders Afar: Fetal Alcohol Syndrome* (see comment about Children's Materials on Index page)

Author: Division of Social and Health Services Washington State

Publish Date: 2000

Length: 112 pages

For young people ages 12-17: Please see series description, "Journey Through the Healing Circle." This illustrated book for young people ages 12-17, tells the story - in the style of Native American folklore - of Sees No Danger and Wanders Afar, two young bears with Fetal Alcohol Syndrome. A second section is a guide for parents or others reading this book to young people who have questions or concerns.

Sex and Sensibility

Author: Deborah M. Roffman

Publish Date: 2001

Length: 325 pages

This is a practical guide for parents and teachers of adolescents. A wide range of topics are covered including age appropriateness, what sex really is, values, sexual health, partnerships, gender, and sexual orientation. This book helps parents learn how to educate and empower their teenage children.

Washington State Resource Family Lending Library Catalogue

Teen Issues

Sex Book, The* (see comment about Children's Materials on Index page)

Author: Jane Pavanel

Publish Date: 2001

Length: 196 pages

This cartoon-illustrated book is a glossary/encyclopedia of terms and slang, realities and myths exposed, and questions and answers related to the sexes. It covers such topics as venereal diseases, pregnancy, arousal, birth control, body parts -- external and internal, puberty, sexual preferences, drugs, menstruation, abuse, masturbation, etc. etc. It is very thorough and up to date. It could be helpful for adolescents and parents in the fast changing world of slang, cyber sex, ecstasy type drugs and even diseases.

Taking the Plunge: A Teen's Guide to Independence

Author: Laura Purdie Salas

Publish Date: 2004

Length: 119 pages

This book, in 12 chapters, addresses such topics as establishing a support network, setting goals, school, jobs, housing, transportation, health, safety, responsibility and fun. Information is practical and presented with illustrations, charts, lists and forms that break it down into manageable bytes that are visually appealing.

Teaching Social Skills to Youth

Author: Tom Dowd

Publish Date: 2005

Length: 257 pages

This book features step-by-step component behaviors to 182 skills, from the basic (following instructions and introducing yourself) to the complex (managing stress and resolving conflict), and helps youth to recognize when, where, or with whom to use a particular skill. It also shows how to plan skill-based treatment interventions for youth with difficult problems such as substance abuse, aggression, depression, or attention deficits. Includes a CD-ROM that helps readers search for social skills by title, category, or problem behavior and allows printed copies of social skill steps for display.

Teenage Human Body Operator's Manual, The* (see comment about Children's Materials on Index page)

Author: Lee White

Publish Date: 1998

Length: 167 pages

This book attacks the difficult topics of puberty, sex, health, and safety through games, quizzes, and many humorous illustrations. It covers a wide range of topics that are of concern to teens and preteens such as pregnancy, STD's, personal hygiene, eating disorders, and drug and alcohol abuse.

Teenager's Guide to ADD, A* (see comment about Children's Materials on Index page)

Author: Antony J. Amen

Publish Date: 1996

Length: 204 pages

This guide for teenagers contains solid information about ADD. It is understandable and easy to read. The authors don't skip over tough topics like dealing with drugs, alcohol, self-esteem and driving. Their approach is sensitive and understanding while firm, clearly pointing out limits that must be respected. It is designed to help teens understand ADD, Get the best help for it, and reach their potential at home, at school, at work, and with friends and sweethearts.

Ten Talks Parents Must Have With Their Children About Sex and Character

Author: Pepper Schwartz, Ph.D.

Publish Date: 2000

Length: 379 pages

Based on proven approaches the authors are using in workshops across the country, this book offers advice on exactly how to begin and what to say about ten important issues. Providing information from sex, to peer pressure, to Internet use, this illustrated book helps prepare kids for the complex world of relationships, sex, and growing up.

Washington State Resource Family Lending Library Catalogue

Teen Issues

Travels in Circles: Fetal Alcohol Syndrome* (see comment about Children's Materials on Index page)

Author: Division of Social and Health Services Washington State Publish Date: 2000

Length: 69 pp

For young people ages 18-22: Please see series description, "Journey Through the Healing Circle." This illustrated book for young people ages 18-22, tells the story - in the style of Native American folklore - of Travels in Circles, a young adult puffin with Fetal Alcohol Syndrome. A second section is a guide for parents or others reading this book to young people who have questions or concerns.

Understanding Anorexia Nervosa* (see comment about Children's Materials on Index page)

Author: Debbie Stanley

Publish Date: 1999

Length: 89 pages

With true-to-life vignettes and a firm, reassuring tone, Stanley tells adolescent readers about the facts and myths surrounding this potentially life-threatening eating disorder. She describes anorexia's symptoms and causes, including pressure from peers, parents, and society as well as pent-up emotions and low self-esteem. Young readers can also explore healthy ways to take charge of their lives, and those who want to seek help will find practical resources for doing so.

Understanding Bulimia Nervosa* (see comment about Children's Materials on Index page)

Author: Debbie Stanley

Publish Date: 1999

Length: 115 pages

This book for adolescents, explains what bulimia is, how to recognize its symptoms, and why this serious problem is easily overlooked. Using the voices of young people who have struggled with bulimia, Stanley explores the roles pressure from peers, parents, and society -- as well as bottled up emotions and low self-esteem -- can play in developing bulimia. Practical suggestions help young readers learn to recognize and resist society's unrealistic expectations, develop a positive self-image, and evaluate their nutritional habits and fitness level accurately and honestly.

What if Someone I Know Is Gay? Answers to Questions About Gay and Lesbian People* (see comment about Children's Materials on Index page)

Author: Eric Marcus

Publish Date: 2000

Length: 138 pages

Aimed at teenagers, this book breaks down the stereotypes surrounding homosexuality. Written in question-and-answer form, the author answers real questions from real teenagers about everything from sex to religion. He pushes aside all of the myths and misinformation to help kids understand what being gay is really all about.

What's Happening to Me?* (see comment about Children's Materials on Index page)

Author: Peter Mayle

Publish Date: 1994

Length: 50 pages

This anatomically explicit illustrated guide to puberty contains the answers to "some of the world's most embarrassing questions." Aimed at preteen boys and girls, it explores such topics as sex, masturbation, growth, and body image.

What's Happening to My Body? Book for Boys, The* (see comment about Children's Materials on Index page)

Author: Lynda Madaras

Publish Date: 2000

Length: 231 pages

This comprehensive puberty education and health book targets 8 to 15 year old boys. It offers down-to-earth information on the body's changing size and shape, the growth spurt, reproductive organs, voice changes, body hair, puberty, and much more. This best-selling classic includes an introduction for parents.

What's Happening to My Body? Book for Girls, The* (see comment about Children's Materials on Index page)

Author: Lynda Madaras

Publish Date: 2000

Length: 255 pages

This easy to read health book aimed at 8 to 15 year old girls provides factual information on all aspects of girls' transformation into womanhood. The introduction is for the parent, the book for the young girl. It addresses the body's changing size and shape, breasts, the reproductive organs, the menstrual cycle, body hair, and much more.

Washington State Resource Family Lending Library Catalogue

Transracial/Transcultural

African-American and Biracial Hair Care: a parent's practical guide to managing hair care -- for adoptive & foster care parents (DVD)

Author: DVD

Publish Date: 2004

Length:

Master stylists use live models to help you work with a texture that is different than your own, with practical advice and suggestions for new styling techniques.

Best of Adopted Child: Ethnic and Cultural Identity

Author: Lois Melina

Publish Date: 1982 to 1996

Length:

This collection of articles from 1982 to 1996 includes pieces on raising children of mixed racial heritage, raising children of different racial heritage than their adoptive parents, starting a successful culture camp, and on issues specific to Black, Latino, and Korean experiences in American society.

Best of Adopted Child: For Parents Adopting Internationally

Author: Lois Melina

Publish Date: 1984 to 1996

Length:

This collection of articles from 1984 to 1996 includes pieces on explaining abandonment; cultural identity, stereotypes; and issues specific to Chinese, Korean and Romanian children.

Best of Pact Press, The: Racial Identity

Author: Collection

Publish Date:

Length: 43 pages

This 43-page booklet contains 12 articles previously printed in the Pact Press on various issues related to adoption and racial identity as applicable to families who have adopted children of color.

Birth Marks: Transracial Adoption in Contemporary America

Author: Sandra Patton

Publish Date: 2000

Length: 191 pages

Through in-depth interviews with adoption workers and adult transracial adoptees, Patton, herself an adoptee, explores the social construction of race, identity, gender, and family and the ways in which these interact with public policy about adoption. She discusses recent changes in adoption and social welfare policy to show how the lives of transracial adoptees have been shaped by the policies of the U.S. child welfare system.

Black Baby White Hands: A View from the Crib

Author: Jaiya John

Publish Date: 2002

Length: 378 pages

Three months after the assassination of Martin Luther King, a Black baby becomes the first in the history of New Mexico to be adopted by a White family. The life that follows for that child – separated from his mother at birth, placed into foster care, adopted by a White family and reunited with his biological family in adulthood – is told here by the person who lived it.

Blended Families: Foster, Adoptive, Bio and Multicultural Sibs (VHS)

Author: Ed-Net Series

Publish Date: 1996

Length: 2 hours

A panel of speakers including a DHS adoption worker, Foster/Adoption parent, and social worker from the Casey Family Program, discussed the external impacts on development of identity, the role of significant others in development of identity, the five stages of identity development, and the challenges of a blended family.

Washington State Resource Family Lending Library Catalogue

Transracial/Transcultural

Cross-Cultural Adoption: How to Answer Questions from Family, Friends, and Community

Author: Amy and Caryn Coughlin and Abramowitz

Publish Date: 2004

Length: 148 pages

This book, geared toward families who have adopted internationally, might offer insights to families who have adopted US kids. The first chapter "The Questions Kids Ask," presents 18 typical questions with ideas for answering them on both a little kid level and on a more mature level. The second chapter, "Do's and Don'ts for Grown-Ups," offers just that. The final chapter gives factual information about 8 countries.

Daddy & Papa: A Story About Gay Fathers in America (DVD)

Author: DVD

Publish Date: 2003

Length: 57 minutes

Through the stories of four families, including the filmmaker's own, this film explores the growing phenomenon of gay fatherhood and its impact on American culture. It delves into the particular challenges facing gay men who decide to become dads, including surrogacy, interracial adoption, the complexities of gay divorce, and the battle for full legal status as parents.

Developing and Implementing Effective Strategies for Nurturing Healthy Racial Identity (CD)

Author: CD

Publish Date: 2008

Length:

Racial identity in transracially placed children is more confusing and complicated than identity issues for those with same-race parents. To raise children with healthy racial identities who can resist societal stereotyping and stand up against white standards of beauty, adoptive parents need to develop specialized knowledge and skills. Recorded at the 2008 NACAC Conference in Ottawa, Jane Brown presents.

Different and Wonderful: Raising Black Children in a Race Conscious Society

Author: Darlene Hopson

Publish Date: 1990

Length: 207 pages

These renowned psychologists explore the sometimes tough, sometimes unspoken questions that face the black middle-class today, particularly parents. Thanks to this book, parents of black children can now prepare their children for the race consciousness that still pervades American society, and at the same time, inspire them with positive values, productive lifestyles, and all-important self-respect.

Dim Sum, Bagels, and Grits: A Sourcebook for Multicultural Families

Author: Myra Alperson

Publish Date: 2001

Length: 183 pages

This book, for families adopting multiculturally, offers personal as well as professional insights into such topics as combining cultures, confronting prejudice, developing role models, and locating multicultural resources. It contains a 47-page list of publications and a 33-page list of "Goods and Services."

Does Anybody Else Look Like Me? A Parent's Guide to Raising Multiracial Children

Author: Donna Jackson Nakazawa

Publish Date: 2003

Length: 200 pages

This book, written by a Caucasian woman whose husband is a Japanese American, is not about adoption. It is about raising children who have a racially mixed genetic heritage. However, it covers many of the same issues and circumstances faced by adopted kids (multiracial or not) who have a parent or parents of a different race.

Families Are Different* (see comment about Children's Materials on Index page)

Author: Nina Pellegrini

Publish Date: 1991

Length: 26 pages

Nico doesn't like looking different than her parents, who adopted her from Korea, until her mother points out that there are "different kinds of families . . . glued together" by love. Soon Nico starts to notice the differences in the families she sees. Now she doesn't feel so bad. She's just like everyone else – she's different!

Washington State Resource Family Lending Library Catalogue

Transracial/Transcultural

Gift Children: A Story of Race, Family, and Adoption in a Divided America

Author: J. Douglas Bates

Publish Date: 1993

Length: 270 pages

In 1970 Doug and Gloria Bates of Eugene, OR adopted a four-year-old black girl as a sister to their two biological white sons. Two years later, they adopted another black girl. The 23 year interracial journey that ensued is a story that helps illuminate race relations in America today while depicting both the harsh difficulties and the heartwarming rewards that followed.

Heart Knows Something Different, The: Teenage Voices from the Foster Care System* (see comment about Children's Materials on Index page)

Author: Al Desetta

Publish Date: 1996

Length: 211 pages

Divided into four sections, "Family," "Living in the System," "Who Am I," and Looking to the Future," the more than three dozen personal narratives here were written by young people, ages 15 to 20, who have lived in the foster care system. These less often heard voices might provide insight to parents and professionals, and a sense of normalcy and community to adopted adolescents.

I Wonder...Teenagers Talk About Being Adopted (VHS)

Author: Families Adopting in Response

Publish Date: 1996

Length: 45 minutes

Fourteen adopted teenagers respond to such topics as "difficult times," "special memories," "birth families," "transracial/transcultural issues," "how much they think about adoption," and others. The range of answers is certain to provide insight and compassion to anyone who interacts with adopted people.

I'm Brown and My Sister Isn't* (see comment about Children's Materials on Index page)

Author: Robbie O'Shea

Publish Date: 2002

Length: 16 pages

In this book for very young children, illustrated by Matthew Ambre, we are exposed to the daily similarities and differences between an adopted boy of color and his older, white adopted sister.

I'm Chocolate, You're Vanilla

Author: Marguerite A. Wright

Publish Date: 1998

Length: 264 pages

This book is intended to teach parents and educators of black and biracial children how to reduce racism's impact on a child's development "from preschool through adolescence" and, in doing so, to raise emotionally healthy children. It is divided into three parts; "That Magical Place: Race Awareness in the Preschool Years;" "The Waning of Racial Innocence: The Early School Years;" and "Reality Bites: Race Awareness in Middle Childhood and Adolescence."

Impact of Transracial Adoptions on the Adopted Child and Adoptive Family, The (VHS)

Author: Joseph Crumbley

Publish Date:

Length: 54 minutes

(from catalog): "This video identifies how transracial adoption impacts the child's feelings about her/himself, the birth family and community of origin; the child's interaction with the adopted family and adopted community; the nuclear and extended family's reaction to the adopted child; and how the family can manage the impact of a transracial adoption."

There are three other videos in this series: "The Special Needs of Minority Children Adopted Transracially," "Parenting Tasks in Transracial Adoptions," and "Assessing a Family's Ability to Adopt Transracially."

Washington State Resource Family Lending Library Catalogue

Transracial/Transcultural

In Their Own Voices: Transracial Adoptees Tell Their Stories

Author: Rita J., & Rhonda M. Roorda Simon

Publish Date: 2000

Length: 392 pages

After a brief introduction and some background information, this book is a series of 24 pointed interviews with young men and women of color who were adopted into white or partially white families. The interviews (except for the interview of Rhonda M. Roorda, who was interviewed by Rita J. Simon) were conducted by Rhonda M. Roorda who was herself adopted into a white family.

Inside Transracial Adoption

Author: Gail Steinberg

Publish Date: 2000

Length: 384 pages

With insight, honesty and humor, the authors (qualified both as professionals in the field of adoption and as parents who have adopted transracially themselves) guide readers through the complexities of transracial adoption -- clarifying the issues and offering critical tools to help families navigate the challenges they confront on a day-to-day basis.

Is That Your Sister?* (see comment about Children's Materials on Index page)

Author: Catherine Bunin

Publish Date: 1992

Length: 31 pages

This illustrated children's book tells about the feelings of a child who was adopted into a multiracial family and who explains adoption as a chosen way of life that is positive, compassionate and civilized.

Keeping it Real

Author: DVD

Publish Date: 2009

Length:

TBA

Living on the Fault Line: Where Race and Family Meet (DVD)

Author: Jeff Farber

Publish Date: 2007

Length: 78 minutes

This documentary film by Jeff Farber profiles nine Vermont families involved in transracial adoption. It addresses some of the complex challenges and emotional costs transracial families face as children of color grow up in communities where racial discrimination, stereotyping, misconceptions, and white privilege are often unspoken and undeniable realities.

Loving Across the Color Line

Author: Sharon E. Rush

Publish Date: 2000

Length: 176 pages

As Sharon Rush invites us into her world as the white mother of an adopted black child, we share her delights in her smart and perceptive daughter and her shock and dismay during repeated encounters with racial prejudice. She provides the reader with deep insights into how racism works its evil in U.S. society. We learn what she has learned the hard way, the tough lessons known by every black American.

Making Cultural Connections: Hair and Skin Care for Children of African Descent

Author: Jeanne M. Costa

Publish Date: 2003

Length: 22 pages

This practical guide to the unique hair and skin care needs of children of African heritage is written specifically for adoptive or foster families who are caring for children of African or Caribbean descent. It covers normal hair maintenance, avoiding hair damage and caring for damaged hair, normal skin care, and skin conditions, both benign and potentially harmful, that are common in people with darker skin.

Washington State Resource Family Lending Library Catalogue

Transracial/Transcultural

Mother for Choco, A* (see comment about Children's Materials on Index page)

Author: Keiko Kasza

Publish Date: 1992

Length: 31 pages

This illustrated book tells the story of a motherless bird who searched for a mother from Africa to the Arctic. But all the animals he encountered reminded him that he didn't look like him so they couldn't be his mother. Finally he meets Mrs. Bear who hugs and kisses him and takes him home to her adopted family. They both realize that she is the perfect mother for Choco.

Of Many Colors: Portraits of Multiracial Families

Author: Peggy Gillespie

Publish Date: 1987

Length: 138 pages

This coffee-table book, based on an award-winning photo exhibit, documents the feelings and experiences of thirty-nine multiracial families. Parents and children speak candidly about their lives, their relationships, and the ways they have dealt with issues of race.

Our Native American Child: A Guide for Those Who Adopt and Their Supporters

Author: Carolyn McPherson

Publish Date: 1994

Length: 39 pages

This booklet is one in a series of four booklets based on adoption in different religious communities. It is a guidebook style introduction to adoption as it touches our Native American children today.

Outside Looking In: Transracial Adoption in America (VHS)

Author: Video

Publish Date: 2001

Length: 56 minutes

African American filmmaker, Phil Bertelsen, who was adopted by a white family, examines the bonds and strains experienced when white families adopt black children. We look back at his own adoption, his adoptive sister's adoption of a black child, and a couple in the process of adopting a black child.

Parenting Tasks in Transracial Adoptions (VHS)

Author: Joseph Crumbley

Publish Date:

Length: 20 minutes

(from catalog): "This video presents a psychosocial rationale explaining the parenting tasks with minority children; parental tasks, resources and capabilities; and information and networks parents must access and provide their adopted child."

There are three other videos in this series: "Assessing a Family's Ability to Adopt Transracially," "The Impact of Transracial Adoptions on the Adopted Child and Adoptive Family," and "The Special Needs of Minority Children Adopted Transracially."

Perspectives on Adoption: International Adoptees Tell Their Stories (DVD)

Author: DVD

Publish Date: 2003

Length: 35 minutes

This DVD presents three young adults born overseas and adopted by American families. The adoptees and their families candidly discuss issues such as abandonment, growing up in a white community, adolescence, returning to their birth country, and coming to terms with being adopted. It provides insight to issues adopted children face and may validate feelings of adoptees of any age who have had similar experiences. It has value beyond the limited scope of international adoption.

Rabbit-Proof Fence (DVD)

Author: DVD

Publish Date: 2003

Length: 94 min

TBA

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Transracial/Transcultural

Race Matters

Author: Cornel West

Publish Date: 1994

Length: 159 pages

These accessible, pointed essays on race in America by esteemed African-American intellectual West, professor of religion and director of Princeton's Afro-American Studies program, offer a compelling blend of philosophy, sociology and political commentary, directly taking on some of the most volatile issues facing American society today. Most have been previously published in earlier versions.

Raising A Child of a Different Race or Ethnic Background

Author: Lois Melina

Publish Date: 1990

Length: 92 minutes

This presentation helps parents understand and meet the needs of transracial and international adopted children. Among the topics discussed: what to do when children are teased about their race, how to counter negative media images of a child's country of origin, how to integrate a child's heritage into the adoptive family.

Raising Healthy Multiracial Adoptive Families: A Question and Answer Guide for Adoptive Parents

Author: Harriet Fancott

Publish Date: 1999

Length: 69 pp

This booklet addresses the issues of multiracial adoptive families in question-and-answer form. It covers everything from culture and heritage to how to deal with racism to what to look for in choosing a school. It is filled with anecdotes and questions from real life people.

Secret Thoughts of an Adoptive Mother

Author: Jana Wolff

Publish Date: 2000

Length: 163 pages

Wolff, whose interracial, open adoption of an infant at birth is the source of this volume's content, shares her experiences with wit and fearless honesty. She addresses such personal fears and questions as: What if I don't like the kid I get? Will my child ever feel like mine? Why am I so sad when I'm supposed to be so happy? Are people staring, or am I paranoid? Will she want him back? What if I want to return him?

Serving Biracial and Multiethnic Children and Their Families (DVD)

Author: DVD

Publish Date: 2003

Length: 30 min plus
98 pp

This videotape and 98 page Educator's Guide are designed to assist providers in the task of developing in their children a sense of positive racial and cultural identity. Topics include stages of identity development, identifying and responding, racial and cultural labeling, the impact of environmental factors, ensuring cultural sensitivity in child care, and integrating materials and activities.

Special Needs of Minority Children Adopted Transracially, The (VHS)

Author: Joseph Crumbley

Publish Date:

Length: 52 minutes

(from catalog): "This video discusses the minority child's need for cultural and positive racial identity; surrogate role models, cultural and community interaction, skills and explanations to cope with prejudice and discrimination; and parent(s) with specific skills to address the minority child's needs."

There are three other videos in this series: "The Impact of Transracial Adoption on the Adopted Child and Adoptive Family," "Parenting Tasks in Transracial Adoption," and "Assessing a Family's Ability to Adopt Transracially."

Washington State Resource Family Lending Library Catalogue

Transracial/Transcultural

Struggle for Identity - Special Edition (DVD)

Author: DVD

Publish Date: 2007

Length: 40 minutes

This powerful DVD, for adoptive and foster parents who adopt transracially and the professionals who work with them, contains the original Struggle for Identity: Issues in Transracial Adoption, plus a new twenty-minute follow up video, "A Conversation 10 Years Later". Through sequences of adoptees and their parents discussing similar issues, the viewer is able to hear the compelling and thought provoking voices of experience.

Struggle for Identity (VHS)

Author: NY State Citizens' Coalition for Children

Publish Date: 1998

Length: 20 minutes

This powerful video is for adoptive and foster parents who adopt transracially and the professionals who work with them. Through sequences of adoptees and their parents discussing similar issues, the viewer is able to hear the compelling and thought provoking voices of experience.

Transracial Adoption and Foster Care: Practical Issues for Professionals

Author: Joseph Crumbley

Publish Date: 1999

Length: 114 pages

The purpose of this book is to show professionals how to help children and families make transracial adoptions and foster placements work. It describes specific ways that practitioners can work with transracial families to ensure that children develop positive racial and cultural identities. Cultural competence, recruitment of minority adoptive parents, and myths of transracial adoption are also addressed.

Transracial Adoptive Parenting: A Black/White Community Issue

Author: Leora , Al Neal, Stumph

Publish Date: 2003

Length: 25 pages

The authors discuss the state of adoption for black children in the U.S., addressing such issues as why a disproportionate number of the children in the child welfare system are African American; problems encountered by African Americans when they attempt to adopt; the importance of preserving racial connections and identity; etc.

Transracial Parenting

Author: ORPARC

Publish Date:

Length:

(Available December 2009)

Weaving a Family: Untangling Race and Adoption

Author: Barbara Katz Rothman

Publish Date: 2006

Length: 234 pages

Weaving together the sociological, the historical, and the personal, Rothman looks at the contemporary American family through the lens of race, race through the lens of adoption, and all—race, family, and adoption—within the context of the changing meanings of motherhood.

What My White Parents Didn't Know and Why I Am OK in Spite of It (CD)

Author: CD

Publish Date: 2007

Length: 90 minutes

Transracially adopted co-presenters at the NACAC Conference offer firsthand experiences and practical ideas related to the inevitable race and diversity challenges within adoption and foster care. Issues presented include dating, dealing with racial jokes, and other everyday issues that transracial adoptees face.

Washington State Resource Family Lending Library Catalogue

Transracial/Transcultural

Why Are All the Black Kids Sitting Together in the Cafeteria? And other Conversations About Race

Author: Beverly Daniel Tatum

Publish Date: 1997

Length: 242 pages

"Walk into any racially mixed high school and you will see Black youth seated together in the cafeteria – and the White, Latino, Asian . . . youth clustered in their own groups. Is this self-segregation a problem we should try to fix, or a coping strategy we should support? How can we get past our reluctance to talk about racial issues?" This updated (2003) edition provides innovative ways to think and talk about race.

With Eyes Wide Open: A Workbook for Parents Adopting International Children Over Age One

Author: Margi Miller

Publish Date: 1996

Length: 155 pages

Although this series of intellectual and emotional exercises in workbook format is intended for those about to adopt internationally, much of the book is relevant to the adoption of any child over the age of one, especially a transracial adoption. It addresses acting out, adjustment issues, testing, culture shock, separating from caretakers, bonding to a rejected child, and consequences of early childhood rejection.

Trauma/Post Traumatic Stress Disorder (PTSD)

A Terrible Thing Happened: A story for children who have witnessed violence or trauma* (see comment about Children's Materials on Index page)

Author: Margaret Holmes

Publish Date: 2000

Length: 28 pages

This gently told and tenderly illustrated story of a young raccoon who sees something terrible, is for children ages 4-8 who have witnessed any kind of violent or traumatic episode. An afterword by Sasha J. Mudlaff written for parents and other caregivers offers suggestions for helping traumatized children, including a list of sources that focus on specific events.

Achieving Success with Impossible Children: How to Win the Battle of Wills

Author: Dave Ziegler

Publish Date: 2005

Length: 343 pages

This book for parents, from the author of *Raising Children Who Refuse to be Raised*, discusses working with challenging children in various settings. It provides numerous case examples, practical applications, and hands-on suggestions, and includes chapters on mastering responsibility, positive discipline, violence, trauma, trauma therapy, attachment, residential treatment, and school success.

Body Remembers, The: The Psychophysiology of Trauma and Trauma Treatment

Author: Babette Rothschild

Publish Date: 2000

Length: 173 pages

A tribute to van der Kolk's view of the "body keeps the score," this book is the first to combine, with consistency, theory, research and practice in enabling the traumatized to have hope, recover their balance, and avoid medical maladies resulting from chronic traumatic stress.

Boy Who Was Raised As a Dog, The: And Other Stories from a Child Psychiatrist's Notebook

Author: Bruce, Maia Perry, Szalvitz

Publish Date: 2006

Length: 246 pages

Through these accounts of experiences working with traumatized children, child psychiatrist Perry shows readers how early-life stress and violence affects the developing brain. Recovery requires that the patient be "in charge of key aspects of the therapeutic interaction." He says "lasting, caring connections to others" are irreplaceable in healing; medications and therapy alone cannot do the job. "Relationships are the agents of change and the most powerful therapy is human love."

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Trauma/Post Traumatic Stress Disorder (PTSD)

Brain, The: Effects of Childhood Trauma (VHS)

Author: Bruce Perry Video

Publish Date: 2002

Length: 29 minutes

Part 3 in the Understanding Childhood Trauma series, this tape examines how childhood trauma can activate systems in the brain that actually change neuron response and cognitive pathways, creating systems that cause children to be constantly hyper-aroused and hyper-vigilant. Learn how to avoid and deal with damage to the brain from emotional trauma.

Building the Bonds of Attachment (DVD)

Author: Daniel Hughes

Publish Date: 2006

Length: 3 hours

This two-disk DVD, from a workshop on the author's method of Dyadic Developmental Psychotherapy is for parents and professionals who live or work with adopted, foster, or biological children with trauma-attachment disorders. He presents techniques for dealing with the child and the behavior and understanding the difference.

Children Changed by Trauma

Author: Debra Whiting Alexander

Publish Date: 1999

Length: 198 pages

This book is about helping children find meaning and strength. The author boils down complex concepts and jargon-heavy theory into clear and concise methods of working with children who have survived a trauma. Parents, friends, pastors, counselors, teachers, therapists and others stand to benefit from its lucidity.

Complex PTSD in Children (2 VHS)

Author:

Publish Date: 2000

Length: 41 and 43
minutes

Part I, subtitled "Etiology, Assessment, Advocacy" and Part II, subtitled "Therapeutic Interventions," are aimed at an audience of therapists, but most parents raising a child suffering from PTSD will find many useful and enlightening insights in the conversations of six experienced therapists. The discussions of therapeutic techniques might be particularly helpful to parents who are seeking a therapist for their child.

Developing Mind, The: How Relationships and the Brain Interact to Shape Who We Are

Author: Daniel J. Siegel

Publish Date: 1999

Length: 337 pages

This book, for clinicians, educators, researchers, and anyone interested in human experience, goes beyond the nature and nurture divisions that have constrained much of our thinking about development. Siegel explores the role of interpersonal relationships in forging key connections in the brain. He presents a new way of thinking about the emergence of the human mind and the process by which each of us becomes a feeling, thinking, remembering individual.

Domestic Violence and Childhood Trauma (VHS)

Author: Bruce Perry Video

Publish Date: 2002

Length: 29 minutes

Part 6 in the Understanding Childhood Trauma series, this tape examines how abused children often become involved later in destructive and problematic adult relationships. In some cases the adult who was abused in childhood becomes a victim again in adult relationships, in other cases they may become the perpetrator of domestic violence. Three personal stories are presented.

First Steps for Strengthening Adoptive Families (DVD)

Author: DVD

Publish Date: 2006

Length: 5 hours 20
minutes.

This DVD can be viewed independently by parents, or as part of a pre-adoptive or post-adoptive curriculum to educate parents, or to educate adoption staff about the important role of attachment, attunement and regulation in strengthening adoptive families. Whether a child was adopted abroad or domestically, early in life or as an older child, recently or several years ago, this DVD can help parents strengthen connections with their adopted child.

Washington State Resource Family Lending Library Catalogue

Trauma/Post Traumatic Stress Disorder (PTSD)

I Can't Get over It: A Handbook for Trauma Survivors

Author: Aphrodite Matsakis

Publish Date: 1996

Length: 355 pages

Written for people with post-traumatic stress disorder (PTSD) and their families, this book guides trauma survivors through the healing process one step at a time. It helps readers cope with memories and emotions, explains secondary wounding, and identifies the triggers that reactivate traumatic stress.

Identifying and Responding to Trauma in Ages 0 to 5 Years of Age (VHS)

Author: Bruce Perry Video

Publish Date: 2002

Length: 29 minutes

Part 4 in the Understanding Childhood Trauma series, this tape examines the unique challenges created by the limited verbal skills of children under 6 years old. Trust building, non-verbal interactions, and the value of close observation and knowledge of the child's history are addressed.

Identifying and Responding to Trauma in Ages Six to Adolescence (VHS)

Author: Bruce Perry Video

Publish Date: 2002

Length: 29 minutes

Part 5 in the Understanding Childhood Trauma series, this tape examines ways that trauma manifests itself in older children, whose verbal skills are stronger and who may exhibit gender differences in the way they respond to their trauma.. Much of it focuses on how these kids respond to typical school settings and why some teaching techniques might not work with this population.

Lost Boys: Why Our Sons Turn Violent and How We Can Save Them

Author: James Garbarino

Publish Date: 1999

Length: 238 pages

Lost Boys takes the reader into a dark world where some young children, not all of them urban and impoverished, grow up to become killers. Garbarino gives us insight into how we might learn from the sorrows of these young lives, to help parents, educators and policymakers prevent other children from succumbing to the deadly social environment that led these boys astray.

Managing Difficult Behaviors for Traumatized Children

Author: Renee Daniel Hershey

Publish Date: August 20,
1999

Length: 5 hours

In this 5 hour training, taped live on August 20, 1999, the underlying causes of difficult behaviors are explored as are practical ideas for helping children change. The goal is to help parents determine what children "can't do" vs. what they "won't do." Topics include sexualized behaviors, cruelty, preoccupation with violence, toileting problems and the "divide and conquer" antics of traumatized children. We also address self-destructive behaviors, eating problems and self-defeating behaviors often seen when children are struggling with a history of abuse and neglect.

Nurturing Adoptions: Creating Resilience after Neglect and Trauma

Author: Deborah Gray

Publish Date: 2007

Length: 457 pages

This state of the art guide for parents and professionals helping children affected by neglect and trauma demonstrates not only the effects on brain and emotional development of neglect and trauma and how to recognize them, but also approaches at home and at school that encourage these children to flourish. Although its focus is weighted toward the professional, this book is an excellent companion piece to Gray's other book, Attaching in Adoption, and it should be a source of enlightenment for parents as well.

Washington State Resource Family Lending Library Catalogue

Trauma/Post Traumatic Stress Disorder (PTSD)

Parents Guide to Identifying and Responding to Childhood Trauma (VHS)

Author: Bruce Perry Video

Publish Date: 2002

Length: 44 minutes

This tape focuses on what parents can do to help their children deal with trauma. It covers not only single episode, catastrophic events, but also the real and ongoing trauma effects of parental addiction, abuse, and divorce. It identifies types of trauma, degrees of trauma, emotional and physical reactions to trauma, short term and long term effects, and more.

Play Therapy for Severe Psychological Trauma (VHS)

Author: Eliana Gil

Publish Date: 1998

Length: 40 minutes

This tape shows the nature of trauma, how to recognize it clinically and manage its powerful effects on children's development. With reenactments, actual play therapy footage, and detailed discussion of symptoms of PTSD, Dr. Gil helps viewers understand what dissociation looks like in children's art work, why it occurs and how it can be treated, and how play therapy can help.

This video comes with a booklet of the same name.

PTSD and Secondary PTSD (VHS)

Author:

Publish Date: 1998

Length: 2 hours

Trauma impacts not only the traumatized child, but also those working with the child. This videotape of a training session attempts to provide a working model for parents and professionals who work with traumatized children.

Raising Cain: Caring for Troubled Youngsters/Repairing Our Troubled System

Author: Richard Delaney

Publish Date: 1998

Length: 228 pages

A nationally renowned child and family psychologist, Dr. Delaney offers clear, easily understood strategies for parenting children who have experienced trauma. Through short vignettes, Delaney demonstrates family-based strategies that address behavioral problems and their underlying issues. In additional chapters, he discusses the impact raising a troubled child has on the adoptive family, emphasizing why adoptive moms are so predictably victimized and offers ways we can better protect the interests of adoptive children and their families.

Raising Resilient Rascals 2008: Disk 4 (DVD)

Author: DVD

Publish Date: 2008

Length: 3 hours

This disk includes the following presentations from the 2008 conference: "Safe Now! Five Faves for Families Helping Anxious Children" with Deborah Gray; "Om a Little Teapot: techniques for Relaxation and Self-regulation" with Julian Davies; and a Cases Panel with Deborah Gray, Julia Bledsoe, Cynthia Kertesz and others.

Significant Event Childhood Trauma (VHS)

Author: Bruce Perry Video

Publish Date: 2002

Length: 29 minutes

Part 2 in the Understanding Childhood Trauma series, this tape examines the trauma caused by a single significant event such as the death of a parent or sibling or a divorce or natural disaster. The video discusses typical effects of trauma and effective interventions.

Six Core Strengths for Healthy Childhood Development, The, (DVD)

Author: Bruce Perry

Publish Date: 2004

Length: 140 minutes

This seven-part program features Bruce D. Perry, M.D., Ph.D. The first part is an overview and definition of the six core strengths discussed. Each subsequent part focuses on a key skill (and ways to help children acquire that skill) critical to healthy child development: Attachment, Self Regulation, Affiliation, Attunement, Tolerance and Respect.

Washington State Resource Family Lending Library Catalogue

Trauma/Post Traumatic Stress Disorder (PTSD)

Theraplay: Helping Parents and Children Build Better Relationships Through Attachment-Based Play (Second Edition)

Author: Ann M. & Phyllis B. Jernberg & Booth

Publish Date: 1999

Length: 384 pages

This book shows parents how to use play to communicate love and authority and to engage their children in interactions that develop competence, self-esteem and trust. Booth's revised Edition, integrates Jernberg's innovative approach with recent research on attachment and the effect of stress and trauma on child development.

Too Scared to Cry

Author: Lenore Terr

Publish Date: 1990

Length: 340 pages

Child psychologist, Lenore Terr presents tales of terror, related to her by young victims of severe childhood trauma, in a way that is at once fascinating and educational. She shows how this trauma has affected not only the children, but all of us.

Trauma and Healing (VHS)

Author: Bruce Perry Video

Publish Date: 2002

Length: 29 minutes

Part 7 in the Understanding Childhood Trauma series, this tape examines some adult problems such as addiction, domestic violence, PTSD, abuse and neglect of children, or a general unhappiness that can come from unhealed childhood trauma. The personal stories of three adults who have dealt with one or more of these problems are presented.

Trauma and Memory (2-VHS)

Author: Bessel Van der Kolk

Publish Date:

Length: 42 and 40
minutes

Two Tapes: Bessel van der Kolk and other leading clinicians examine how dissociation functions as a defense against overwhelming stress, and how traumatic memories may reemerge in adulthood. "The Dissociative Defense" describes how the brain processes and stores information, the differences between normal and traumatic memories, developmental aspects of traumatic memories, and forensic issues. "The Intrusive Past" explores ways traumatic memories can surface years after the event, how dissociated trauma can influence attitudes and behavior, and the significance of body memories and flashbacks.

Trauma and Recovery: The Aftermath of Violence - from domestic abuse to political terror

Author: Judith Herman

Publish Date: 1992

Length: 249 pages

This treatise on the nature of trauma and the process of healing addresses the history of research and a wide array of experiences both personal and social.

Traumatic Experience and the Brain

Author: Dave Ziegler

Publish Date: 2002

Length: 164 pages

From the author of Raising Children Who Refuse to be Raised, this book describes the human brain, its structure and function. It describes the role of the brain in adaptation and how trauma affects perception of self, of others, and of events. Ziegler provides case examples and offers treatment suggestions. Though slanted toward professionals, it is written in a way that parents might also gain insight into their traumatized children.

Washington State Resource Family Lending Library Catalogue

Trauma/Post Traumatic Stress Disorder (PTSD)

Understanding Childhood Trauma Video Series (VHS)

Author: Bruce Perry Video

Publish Date: 2002

Length: 7 29-minute
tapes

This seven-video series (please order individually by the following titles), "What Is Childhood Trauma," "Significant Event Childhood Trauma," "The Brain: Effects of Childhood Trauma," "Identifying and responding to Trauma in ages 0 to 5 Years Old," "Identifying and responding to Trauma in Ages 6 to Adolescence," "Domestic Violence and Childhood Trauma," and "Trauma and Healing" examines trauma as the individual titles suggest. Each tape is 29 minutes long and features Dr. Bruce Perry. There is an additional tape, "A Parent's Guide to Identifying and Responding to Childhood Trauma," that is intended for parents and is about 45 minutes.

What is Childhood Trauma? (VHS)

Author: Bruce Perry Video

Publish Date: 2002

Length: 29 minutes

Part 1 in the Understanding Childhood Trauma series, this tape presents an overview of the effects of childhood trauma on the individual and on society. Particular emphasis is given to the criteria that define Post-Traumatic Stress Disorder including hyper-vigilance, hyper-reactivity, and dissociation.

Working With Traumatized Children: A Handbook for Healing

Author: Kathy Brohl

Publish Date: 1996

Length: 96 pages

This simply written and practical handbook examines the mind-body connection between a terrifying experience and a child's adaptive coping mechanisms. It provides the practical knowledge to better help and guide a child suffering from Post Traumatic Stress Disorder (PTSD) and details the trauma recovery process, offering specific treatment intervention techniques.

Triad Issues

Adopted Teens Only: A Survival Guide to Adolescence* (see comment about Children's Materials on Index page)

Author: Danae Gorbett

Publish Date: 2004

Length: 78 pages

This guide for adopted teens addresses issues that parents are often reluctant or unable to discuss with their teenagers: what feelings and thoughts are common to the adoptive experience; what adoptive parents feel; what birth parents feel; what emotional issues are connected with search and reunion; and how to talk to parents about adoption questions.

Adoption Life Cycle, The: The Children and Their Families Through the Years

Author: Elinor Rosenberg

Publish Date: 1992

Length: 188 pages

This book is for anyone involved in the adoption experience – adoptees, adoptive parents, birth parents and professionals. It provides a framework for understanding the important developmental tasks which span the lifetimes of all those involved.

Adoption Reader, The: Birthmothers, Adoptive Mothers and Adopted Daughters Tell Their Stories

Author: Susan Wadia-Ells Edited by

Publish Date: 1995

Length: 272 pages

These 31 personal essays and stories by women from each side of the adoption triangle are informed by the contemporary adoption movement and raise timely issues that illustrate its complexity, including the birth record debate, open and closed adoption, transracial and cross-cultural adoption, the experience of biracial adoptees, adoption by lesbian couples, etc.

Washington State Resource Family Lending Library Catalogue

Triad Issues

Adoption Reunion Survival Guide, The

Author: Julie Jarrell Bailey

Publish Date: 2001

Length: 142 pages

This book, divided into four parts, "Preparing for a Reunion: What You Need to Know;" "Practical Advice for Sidestepping Reunion Pitfalls;" "The Tangled Web of Rights and Legal Issues;" and "More Help for Your Journey," helps identify the stages of search and reunion and offers practical, positive guidelines for the successful reunification of adoption triad members in a warm and positive manner.

Adoption Reunions: A Book for Adoptees, Birth Parents and Adoptive Families

Author: Michelle McColm

Publish Date: 1993

Length: 253 pages

Drawing on her own experiences and those of others, McColm, who has had a successful reunion with her birth mother and extended family, presents a guide for people involved in any phase of the reunion process. This book offers suggestions that can provide a road map for those who have experienced or are anticipating a reunion.

Adoption Triangle, The

Author: Arthur D. Sorosky, M.D.

Publish Date: 1967

Length: 225 pages

This book explores all aspects of the "adoption triad," from birth parents to adoptive parents to adoptees. It covers past and modern adoption practices and issues, and is full of real life stories from all parties of the triad. A large portion of this book is dedicated to how adoptees are affected by sealed or open records.

Because I Loved You: A Birthmother's View of Open Adoption

Author: Patricia Dischler

Publish Date: 2006

Length: 233 pages

This is a handbook that is also a memoir. In nine chapters, Dischler talks about the birthmother's road to open adoption, offering to birth families and adoptive families, advice and guidance through various stages of the experience. She also shares the ups and downs of her own story and that of her now adult son.

Best of Adopted Child: Birth Parents, Heredity and Environment

Author: Lois Melina

Publish Date: 1983-97

Length:

This collection of articles from 1983 to 1997 includes pieces on the psychological and emotional connections between adopted kids and their birth and adoptive parents; how prenatal drug exposure affects school-age children's behavior as well as the role of genetic vs. environmental factors in determining a child's intelligence, vocational interests, personality, health profile and propensity toward crime.

Birth Families and Adoptive Family Relationships (audiotape)

Author: Audiotape

Publish Date: 2002

Length:

This session includes discussions about creating a photo resume, networking to locate a birth family, sensitive handling of phone calls, the first meeting, a cooperative agreement to outline future contact, and understanding the process from the birth family's and the adoptive family's perspectives. It also includes what to expect when working with a birth parent with a mental health history and/or drug or alcohol addiction.

Family of Adoption, The

Author: Joyce Maguire Pavao

Publish Date: 1998

Length: 124 pages

This popular book provides a broad framework for thinking about adoption because it considers the entire family system -- birth parents, adoptive parents, adoptees and other family members. By feeling empathy for all members of the extended family, everyone involved can grow, learn and heal.

Washington State Resource Family Lending Library Catalogue

Triad Issues

Get Real* (see comment about Children's Materials on Index page)

Author: Betty Hicks

Publish Date: 2006

Length: 184 pages

In this adolescent novel, 13-year-old best friends Dez and Jil are each a little envious of the other's parents – Dez's parents run a sloppy, chaotic household while the adopted Jil's keep a neat, orderly one. Jil becomes obsessed with meeting her birth mother and does so, eventually spending holidays and weekends with her new family which includes a 10-year-old half sister. Problems ensue, lessons are learned, and life is lived.

Life Givers: Framing the Birthparent Experience in Open Adoption

Author: James Gritter

Publish Date: 2000

Length: 229 pages

This book examines all the ways in which birthparents are marginalized, providing a glimpse of birthparents' emotional roller coaster ride as they struggle with grief, ambivalence and regret. It makes the persuasive case that adopted children are best served when birthparents and adoptive parents work together to ensure that the birthparents remain part of their children's lives.

Open Adoption Experience: A Complete Guide for Adoptive and Birth Families, The

Author: Lois Ruskai Melina

Publish Date: 1993

Length: 363 pages

This book offers a detailed discussion of the many advantages of open adoption as well as the common problems, helping adoptive and birth parents to know what to expect as the relationship unfolds and how other families have coped with the unexpected.

Open Adoption through the Years: What Are the Challenges? (audiotape)

Author: Audiotape

Publish Date: 2002

Length:

This workshop draws from the experiences of families who have been in long-term open adoptions for 15 to 25 years. Challenges presented involve the simpler ones of managing visits and communication among numerous birth families to the more complex issues of divorce, drugs, death, prison, and more. The speakers encourage sharing of audience experiences.

Open Adoption through the Years: What Are the Challenges? (CD)

Author: CD

Publish Date: 2002

Length:

This workshop draws from the experiences of families who have been in long-term open adoptions for 15 to 25 years. Challenges presented involve the simpler ones of managing visits and communication among numerous birth families to the more complex issues of divorce, drugs, death, prison, and more. The speakers encourage sharing of audience experiences.

Openness in Adoption: Exploring Family Connections

Author: Harold D. Grotevant

Publish Date: 1998

Length: 208 pages

For professionals and laypersons alike, this book provides a comprehensive review of the issues involved in openness in adoption. It also provides rich data from an exceptional sample of adoptees, their adoptive parents, and their birth mothers, and it provides a perspective on the experience of each of these members of the adoption triad.

Openness: Making Decisions about Openness in Adoption (VHS)

Author: Ed-Net Series

Publish Date: 1999

Length: 90 minutes

A panel discussion focuses on sensitive, life-altering decisions about contact with birth parents, siblings, extended birth families and foster parents. Topics include: defining the range of openness, the developmental needs of children and adoptive families, what kids are thinking vs. what they are talking about.

Washington State Resource Family Lending Library Catalogue

Triad Issues

Primal Wound, The: Understanding the Adopted Child

Author: Nancy Newton Verrier

Publish Date: 1993

Length: 222 pages

By applying information about pre-and perinatal psychology, attachment, bonding, and loss, this book clarifies the effects on adopted children of separation from the birthmother. It also gives those children, whose pain has long been unacknowledged or misunderstood, validation for their feelings, as well as explanations for their behavior. The insight it brings to the experience of abandonment and loss will contribute to the healing of adoptees, their adoptive families, and birthparents.

Respect, Responsibility, and Commitment in Open Adoptions (audiotape)

Author: Audiotape

Publish Date: 2002

Length:

Open adoption is most often presented to prospective birth and adoptive parents in terms of "doing whatever they are comfortable with." What this approach rarely does, however, is take into consideration the needs and desires of the adopted child. This workshop discusses why respect, responsibility, and commitment need to replace comfort if the child is truly to be served in open adoption.

Respect, Responsibility, and Commitment in Open Adoptions (CD)

Author: CD

Publish Date: 2002

Length:

Open adoption is most often presented to prospective birth and adoptive parents in terms of "doing whatever they are comfortable with." What this approach rarely does, however, is take into consideration the needs and desires of the adopted child. This workshop discusses why respect, responsibility, and commitment need to replace comfort if the child is truly to be served in open adoption.

Sam's Sister* (see comment about Children's Materials on Index page)

Author: Juliet C. Bond

Publish Date: 2004

Length: 27 pages

In this book, a mother explains to her five-year-old daughter that she will not be able to keep the "new baby growing in my tummy." Although its presentation of flawless characters and ideal circumstances might not seem typical, it deals sensitively with an issue not often addressed in adoption literature for children, and it is beautifully illustrated.

Separation & Loss Issues for Foster & Birth Families (DVD)

Author: DVD

Publish Date: 2003

Length: 80 minutes

The pain of separation and loss is the universal experience of every foster child. Dr. Fahlberg talks with foster parents, foster teenagers, and adults who spent their teen years in foster care. They offer insight on how to lessen the impact of transition and strengthen a child's relationship with both foster and birth parents. Includes: 14-page Discussion Guide and review quiz.

Unlocking the Heart of Adoption: Bridging the gap between birth and adoptive families (DVD)

Author: Sheila Ganz DVD

Publish Date: 2005

Length: 57 minutes

This DVD chronicles the filmmaker's journey as a birthmother, interwoven with diverse personal stories of adoptees, birthparents and adoptive parents in both same race and transracial adoptions. It examines relinquishment, growing up adopted, raising an adopted child, years of silence and shame, and searching for answers to unasked questions. In the process, we learn what the universal issues of "identity" "loss" and "needing to know the truth" mean to these people.

Why Didn't She Keep Me? Answers to the Question Every Adopted Child Asks

Author: Barbara Burlingham-Brown

Publish Date: 1994

Length: 169 pages

These twenty stories from birth mothers in their own words might provide insight and reassurance to any adoptee. We might not know what your birthmother's story is, but here are some of the reasons why mothers have chosen adoption for their children.

Washington State Resource Family Lending Library Catalogue

Violence

Real Life Teens: Teens & Gangs (DVD)

Author: DVD

Publish Date: 2007

Length: 17 min

Teens discuss violence, why teens join gangs, racism and gangs, why gang involvement can lead to personal risk or imprisonment. On the flip side, teens also discuss positive groups that can provide support, and positive role modeling. Hear from real teens as they tell us how they perceive gangs.